

A N N U A L N A R R A T I V E R E P O R T

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December 1, 1955

to

November 30, 1956

by

Lucinda E. Hughes

Home Agent

Agricultural Extension Service

COCONINO COUNTY

ARIZONA

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I. PREFACE

The following narrative report is a summary of the Agent's activities in Coconino County for the year 1955-56. A total of eighty-two (82) days was spent in the County. Forty-two (42) days were devoted to adult work and forty (40) days were devoted to 4-H Club work.

The Agent wishes to take this opportunity to thank all National, State, and County Agricultural Extension workers who have given their valuable time and assistance this year.

II. HIGHLIGHTS

The eighth annual Coconino and Yavapai Counties' Home Demonstration Program Planning day was held at Sedona, Arizona on October 25, 1956. Seventeen (17) Coconino and twenty-five (25) Yavapai county representatives of Homemakers' clubs and four Agricultural Extension staff members were present. The Sedona Homemakers' club served as hostess.

This year the theme was Long Range Planning with particular emphasis on the next two years' program - (1957-58). The specialists in all fields of Home Economics were asked to supply the basic program. Their ideas and recommendations gave the homemakers some new ideas and approaches to the job of being a homemaker in this modern age. Homemakers were reminded that today they must almost of necessity be electricians, chemists, coordinators, and engineers; - that the demands upon their time and energy are ever increasing, even faster than the labor saving devices at their disposal.

Miss Jean Stewart, State Leader of Home Economics Extension, said in part, "It is only as people take part in Program Planning that Extension can do a good job". The steps in Program Planning are:

1. Collect facts
2. Analyze the situation
3. Identify the problems
4. Decide on goals
5. Decide on teaching activities
6. Carry out the plan
7. Evaluate progress

The women did an excellent job this fall of selecting aims and problems which they feel will help them achieve their aims. Their discussion and final decisions showed that they were really thinking and planning ahead.

This year (1956) the Oak Creek women participated well in the entire Home Demonstration Program. There were two outstanding projects. They were:

1. "Construct your own sewing center". Even the men of the communities "pitched in" and supplied the properly cut and trimmed lumber for the women to make their sewing boxes. It is of particular interest to the Agent that communities were able to get the cut and trimmed lumber,

II. HIGHLIGHTS (continued)

nails, and hardware for about one dollar cheaper than the Agent was able to get it for them. This is an example of community response to a recognized need of, and desire for, any worthwhile project in their area.

2. "Outdoor cookery". This project, also, was taught by trained leaders. Leaders were so enthusiastic that in every case they carried out each type of outdoor cookery so that everyone in their group had a chance to participate in both the preparation and the eating of the foods.

Other projects for the year (1956) were:

I. Health

- A. Mental Health lectures by Dr. Richard A. Parry, Yavapai County School Psychologist.
- B. The Coconino County Public Health Nurse showed films and talked with the women of the Doney Parks - East Flagstaff areas. These women have done very little in the field of mental health.
- C. Verde Valley health chairmen:
 1. Promoted mental health clinics
 2. Made good use of the school psychologist

II. Clothing

- A. Care and selection of shoes for health and comfort
- B. Characteristics and care of man-made fibers and fabrics

III. Home Management

- A. Buymanship of furniture and major appliances
- B. Management of family time

IV. Nutrition

- A. Food preservation
 1. Freezing
 2. Making of jams, jellies, and pickles

II. HIGHLIGHTS (continued)

V. Recreation

- A. Verde Valley family picnic
- B. Participated in the county-wide 4-H picnic
- C. County Fair

(1956 Program attached)

1956 YAVAPAI AND COCONINO COUNTIES HOME DEMONSTRATION PROGRAM

JANUARY	Care and selection of shoes for health and comfort Club Program Planning (Club Meetings)	Agent
FEBRUARY	Organizing our sewing centers (Club Meetings) Leader Training Meetings on constructing a simple storage center - 10 A.M. to 3 P.M. Prescott District - February 8th Verde District - February 9th Flagstaff District - February 10th Special work meetings for each group will be arranged for	Agent Leader
MARCH	Mental Health Lectures (Clubs should make effort to include the entire community)	Dr. R. O. Parry
APRIL	Buymanship of furniture and major appliances Leader Training meetings - 10 A.M. to 3 P.M. Prescott District - April 4th Verde District - April 5th Flagstaff District - April 6th Club Meetings	Specialist and Agent Leaders
MAY	Management of family time club meetings	Agent
JUNE	Food Preservation - freezing - club meetings (Left overs, herb dishes, etc.)	Agent

JULY Food Preservation - Jams, Jellies, Pickles Agent
Leader Training Meetings - 10 A.M. to 3 P.M.
Prescott District - July 9th
Verde District - July 10th
Flagstaff District - July 11th

AUGUST	Own Meetings	
	Crafts	Club Program Planning for
	Health	1957
	Teenage Recreation	Verde Valley Picnic
	County Fair	

SEPTEMBER Outdoor cookery
Leader Training Meetings - 10 A.M. to 3 P.M. Agent

Prescott District) If we could all meet
Verde District) together on Sept. 6, 1956
Flagstaff District) for Leader Training meet-
ing, I believe that it
would be best. L.E.H.

OCTOBER	Characteristics and Care of Man-made fibers and fabrics (all clubs)	Agent
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NOVEMBER Own meetings
The agent would suggest that each club have a number of short demonstrations from club members or others in the community on various crafts. This might also serve as Christmas suggestions.

DECEMBER Parties

III. ORGANIZATION AND PLANNING

It is the aim of this Extension Agent to build a County Home Demonstration program to meet the needs of the families in her area. The Agent endeavors to integrate and unify a number of projects into one county program. Through individual thinking, club recommendation, and county-wide planning we endeavor to arrive at general overall problems which will lend themselves to extension teaching. This Agent tries to keep the general Extension Home Demonstration program on a high educational level, to not have the county-wide program filled with crafts and irrelevant projects which may have a temporary interest but which do not have a real educational value. The Agent's primary aims in the Home Demonstration program are:

1. To teach the latest and best Home Economic practices
2. To have homemakers adopt and use the recommended practices
3. To continuously increase the number of homemakers participating in the program

The East Flagstaff - Doney Park homemakers' club has become more or less inactive this fall. They have not participated in the Leaders' Training meetings and did not participate in the Program Planning meeting this fall.

Plans are in the making for the organization of Homemakers and 4-H groups at Bellemont and Williams. The Agent also plans to hold a monthly educational demonstration in Flagstaff next year. How these plans will work out is, of course, not known at the present time.

The LDS group at Fredonia participated well in the portions of the program which the Agent took to their community.

The Indian service participated in the Leaders' Training meetings held in the county this year. Since there is no Home Demonstration Agent located at Tuba City at the present time, this Agent cannot predict whether or not the Indian service will participate in the 1957 Coconino County Home Demonstration program.

III. ORGANIZATION AND PLANNING (continued)

A. PROGRAM PLANNING

Program planning encompasses a wide range of endeavor, from Bi-County-wide program planning to individual club, community, and project planning. Theoretically each county does its program planning in the fall for the coming year. However, this meeting is actually a sifting of ideas and problems which the women have been accumulating throughout the past year.

The theme of this year's Program Planning meeting was "Long Range Planning". The Agent felt that by more or less forcing the women to actually set up goals and problems for a two-year period that we would get improved program continuity.

The aims of program planning are:

1. To survey and evaluate the county Home Demonstration program.
2. To discuss new problems
3. To recommend pertinent problems for the coming year's programs.
4. To arrive at a county-wide Home Demonstration Plan of work which meets the needs of the largest possible number of people.
5. To plan so that every one feels that their problems are at least being worked on if not completely solved.
6. To develop leadership by bringing women together and encouraging them to express not only their own individual problems but their communities' problems.

There are many ways of planning a county Home Demonstration program. The method used by the Agent this year was for:

1. The women of the community, club, or organization to submit their problems or desires for the county program to their representatives.
2. Each organization or club was asked to send a minimum of four representatives to the bi-county planning meeting.
3. The Home Economic Specialists presented the:
 - a. Past accomplishments

III. ORGANIZATION AND PLANNING (continued)

- b. Present trends (local and national)
- c. Possibilities for the program for 1957 and 1958 in Coconino and Yavapai counties.
- 4. Community groups met together and formulated specific recommendations.
- 5. The group as a whole jointly considered each recommendation.

It is felt by the Agent that such a day's program leads to increased interest in the projects finally selected.

Each representative came to the Program Planning day more or less instructed as to what problems their group felt were important in the field of Home Economics. However, they were guided in their final recommendations by the talks which the specialists gave.

One of the big problems which the women recognize is that of getting young homemakers to attend Homemakers' regular and special meetings. Every group seemed to recognize this problem and to feel a distinct concern and responsibility for getting the latest home economics information to the young homemaker. The Agent suggested that each experienced homemaker make it her responsibility to get pertinent material from each meeting to her "Young non-club member friends".

Other suggestions made by the Panel for solving this problem were:

- 1. Organize Junior Homemakers' clubs.
- 2. Try morning meetings.
- 3. Try personal invitations.
- 4. Try the kit for "Care of children at meetings".

In planning the final county-wide Home Demonstration program two factors have to be considered. They are:

- 1. The homemakers' time and abilities
- 2. The Agent's time

A tremendous effort is made by all Extension Home Economics personnel to meet the needs and desires of the rural people in each county.

III. ORGANIZATION AND PLANNING (continued)

B. 1956 PROGRAM PLANNING MEETING

The eighth annual Coconino and Yavapai counties' Program Planning meeting was held at Sedona, October 25, 1956. This year for the first time, we asked the women to plan for two years instead of one. Highlights of the program were the talks given by Miss Jean Stewart, State Leader Home Economics Extension, and the Home Economics Specialists. (Copy of program attached.)

Miss Stewart said, "It is only as people take part in program planning that Extension can do a good job". She then outlined the steps in program planning, which are to:

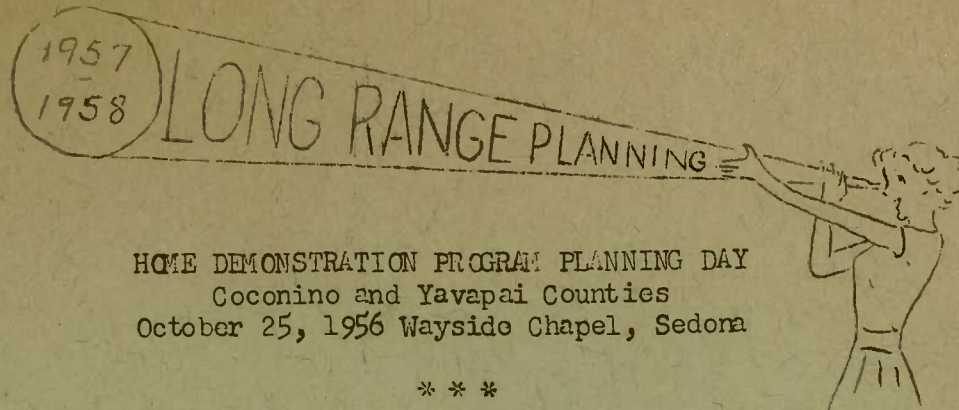
1. Collect facts
2. Analyze the situation
3. Identify the problems
4. Decide on goals
5. Decide on teaching activities
6. Carry out the plan
7. Evaluate progress

Miss Grace Ryan, Home Management Specialist, said that her definition of Home Management was "Being smart enough to get away from drudgery". The women all liked that.

Miss Helen Church, Clothing specialist, talked about how we spend our clothing dollar. That clothing sometimes satisfies only a psychological need. She said that our clothing program needs to satisfy a number of basic needs. Some of these are:

1. Psychological (to please not always to warm)
2. Physical (protection)
3. Aesthetic sense (decoration)
4. Buymanship (getting our money's worth)
5. Creative ability (skills in workmanship)

Our buymanship abilities, according to Miss Church, are responsible for what is on the store shelves and racks. We need knowledge in order to be good buyers.

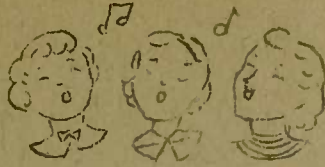


HOME DEMONSTRATION PROGRAM PLANNING DAY
Coconino and Yavapai Counties
October 25, 1956 Wayside Chapel, Sedona

* * *

- 9:45-10:00 REGISTRATION
- 10:00-10:25 General Assembly
Chairman - Lucinda E. Hughes
Group Singing
Mrs. Ambrosio Chavez - Leader
Mrs. Ann Jackson - Pianist
Welcome
Mrs. Frank (Dorothy) Wirth, President Sedona Homemakers
- 10:25-11:50 Panel Discussion: SURVEY OF THE HOME DEMONSTRATION PROGRAM,
PAST, PRESENT, FUTURE.
1. Your Home Demonstration Program - Miss Jean Stewart,
State Leader, Home Demonstration Work
 2. Management of Your Home - Miss Grace Ryan,
Extension Home Management Specialist
 3. Your Clothing Program - Miss Helen Church,
Extension Clothing Specialist
 4. Your Nutrition Program - Miss Lucinda E. Hughes,
Home Agent
- 11:50-12:00 Chatter-group Question Formation
- 12:00-1:30 Luncheon and Entertainment
Chairman - Mrs. Dorothy Wirth
- 1:30-2:20 General Assembly
Panel in charge
Questions from the floor
- 2:20-2:45 Community Group Discussion and Recommendations for 1957-1958
Programs.
- 2:45-3:00 General Assembly
Reading and Discussion of Group Recommendations.
- 3:00----- HOMEWARD BOUND

Hostess Club: Sedona Homemakers
Luncheon: Chapel Guild of Sedona



I. AMERICA, THE BEAUTIFUL

1. O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain.
America, America, God shed His grace on
thee,
And crown thy good with brotherhood
From sea to shining sea.

2. O beautiful for pilgrim feet,
Whose stern impassion'd stress
A thorough fare for freedom beat
Across the wilderness.
America, America, God mend thine every
flaw,
Confirm thy soul in self control,
Thy liberty in law.

3. O beautiful for patriot dream,
That sees beyond the years
Thine alabaster cities gleam
Undimm'd by human tears.
America, America, God shed His grace on
thee,
And crown thy good with brotherhood
From sea to shining sea.

II. HOME ON THE RANGE

1. Oh, give me a home where the buffalo
roam,
Where the deer and the antelope play,
Where seldom is heard a discouraging word,
And the skies are not cloudy all day.

CHORUS: Home, home on the range
Were the deer and the antelope
play,
Where seldom is heard a dis-
couraging word,
And the skies are not cloudy all
day.

2. Where the air is so pure and the
zephyrs so free,
And the breezes so balmy and light,
That I would not exchange my home on the
range
For all the cities so bright.

CHORUS: Home, home on the range etc.

III. CARRY ME BACK TO OL' VIRGINNY

Carry me back to old Virginny,
There's where the cotton and the corn and
'tatoes grow,
There's where the birds warble sweet in
the springtime,
There's where this old darkey's heart am
longed to go.
There's where I labors so hard for old
massa,
Day after day in the field of yellow corn.
No place on earth do I love more sincerely
Than old Virginny, the state where I was
born.

III. ORGANIZATION AND PLANNING (continued)

This Agent, in lieu of a nutritionist, surveyed the past nutrition program. She mentioned that the outlook for tomorrow is for more and more pre-packaged and prepared foods to appear on the average homemakers' dinner table. She suggested that we need to evaluate the nutritional value of some of the packaged foods and T V dinners; that we need to study the relative money cost of packaged foods to know just how they affect our food budget. Maybe we will find that the saving in time is not worth the price that we pay. We need to keep up with the times, we need to know what we are buying and not be "stampeded into a hold-up". Let us be informed and not mis-informed homemakers.

All of the thirty-eight (38) women (from both counties) attending this year's Program Planning meeting seemed to feel that the meeting was well worthwhile. The reports received have been complimentary.

Each homemaker attending the program planning meeting received a mimeographed report of the meeting. (Copy attached).

In the opinion of the Agent and specialists, the women did an excellent job of recommending problems and projects for study in 1957 and 1958.

Aims or goals recommended by the community groups and accepted by the entire group were:

1. To increase our knowledge in all fields
2. Get more young homemakers in clubs
3. Avoiding monotony and drudgery in housekeeping
4. To complete all projects started
5. To develop our civil defense program

Recommendations for Project study were:

1. Health
 - a. Good posture, exercises, and weight control
 - b. First Aid
 - c. Mental Health
2. Clothing
 - a. Fitting the design and style to the individual

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

October 31, 1956

REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING

The 8th annual Yavapai and Coconino Counties Home Demonstration Program Planning day was held at the Wayside Chapel, Sedona, Arizona from 10 A.M. to 3 P.M. on October 25, 1956. Thirty-eight county representatives of Homemakers Clubs and four agricultural Extension Staff members were present.

Group singing was lead by Mrs. Ambrosio Chavez with Mrs. Ann Jackson accompanying on the accordian.

The Program Planning Meeting was called to order at 10:05 A.M. by Lucinda E. Hughes, Home Agent for both counties. She reminded all representatives that this year (1956) they were to plan and make recommendations for the next two years (1957-58) Home Demonstration Program.

Mrs. Frank (Dorothy) Wirth, president of the Sedona Homemakers' Club gave a brief welcome on behalf of her club. The Panel Discussion "A Survey of the Bi-County Home Demonstration Program, past, present, and future" was introduced by Miss Hughes. Miss Hughes emphasized that "Even though the interests and needs of the Homemaker changes with the changing American scene, the basic overall objectives and purposes of the Home Demonstration Program do not change". She said that probable one of the best objectives of Home Demonstration work is; "Better living and the development of a well informed people equipped to appraise and meet the changing problems in family and community life".

The first Panel Member introduced was Miss Jean Stewart, State Leader of Home Economics Extension. Miss Stewart said in part, "It is only as people take part in Program Planning that Extension can do a good job". The steps in Program Planning are:

1. Collect facts.
2. Analyze the Situation.

3. Identify the problems.
4. Decide on goals.
5. Decide on teaching activities.
6. Carry out the plan.
7. Evaluate progress.

Miss Grace Ryan, Home Management Specialist, re-emphasized Miss Stewart's steps in program planning and went on to enlarge on the possibilities in her particular field. She said that her definition of Home Management was, "Being smart enough to get away from Drudgery". I like that!! With regard to collecting facts Miss Ryan said, "We need to know what kind of women come out of the homes". Do they work away from home? How many children are there? What type and quality conveniences does the home have?" Miss Ryan emphasized the importance to homemakers in the use of money, time, and energy. She said that our program must be "Broad, Elastic, unselfish, and must have vision".

Miss Helen Church, Clothing specialist, talked about how we spend our clothing dollar. That clothing sometimes satisfies only a psychological need. She said that our clothing program needs to satisfy a number of basic needs. Some of which are:

1. Psychological (to please not always to warm)
2. Physical (Protection)
3. Asthenic sense (Decoration)
4. Buymanship (Getting our money's worth)
5. Creative ability (skills in workmanship)

Still another problem brought out by Miss Church was the teenagers clothing. Often times she pointed out, we need to help rather than simply agree with the teenager on his or her clothing problem.

Our buymanship abilities, according to Miss Church, are responsible for what is on the store shelves and racks. We need knowledge in order to be good buyers.

Miss Hughes, in lieu of a nutritionist, surveyed the past nutrition program, she mentioned that the outlook for tomorrow is for more and more pre-packaged and prepared foods to appear on the average homemakers dinner table. Perhaps we need to evaluate the nutritional value of some of these package foods and T V Dinners. We don't want to, as a nation, become any more overweight. Maybe we need to study the relative money cost of

packaged foods to know just how they affect our food budget. Maybe we will find that the saving in time is not worth the price that we pay anyway. We need to keep up with the times, we need to know what we are buying and not be 'stampeded into a hold-up'. Lets be informed and not mis-informed homemakers.

A delicious luncheon was served by the Chapel Guild. Talks by Mrs. Ted Spencer on Rock Collecting and Mr. Cecil Smith on the Chinese home were delightful. I'm sure that everyone enjoyed them. Thank you for doing the arranging for us, Dorothy.

During the question period to the Panel the primary problem seemed to be, "Getting younger mothers into Clubs". Several suggestions were made some of which were:

1. Organize Junior Homemakers Clubs.
2. Try morning meetings.
3. Try personal invitations.
4. Try the kit for "Care of Children at meetings".

I personally feel that this is a very important problem in every community. I would like to suggest that each experienced homemaker make it her responsibility to get pertinent material from each meeting to her "Young non-club member friends". In this way we would be assisting the young homemaker even though she did not attend meetings. We might have a contest in each community and also on a county-wide basis! Let me know what you think about such a contest!!!

Community groups met and formulated their recommendations for the 1957-58 Home Demonstration Programs. They were:

A. Aims:

1. To increase our knowledge in all fields.
2. Get more young homemakers in clubs.
3. Avoiding monotony and drudgery in housekeeping.
4. To complete all projects started.
5. To develop our civil defense program.

B. Health

1. Good Posture, exercises and weight control.
2. First Aid.
3. Mental Health.

4.

C. Clothing.

1. Fitting the design and style to the individual.
2. Basic sewing (Skirt and Blouse) (Patterns)
Finishing Techniques, Short Cuts.
3. Suiting clothes to the occasion.
Planning and Buying.
Accessories.
4. Finishes on fabrics.
(Care and character of new fibers and finishes)
5. Rug Braiding.
6. Sewing machine clinics.
7. Mending and simple repair.

D. Home Management and House Furnishings.

1. Simple Household Repairs.
2. Avoiding monotony and Drudgery in housework.
a. Buymanship of small equipment.
3. Color
a. Home Decoration
Walls
Furniture
Paint
4. Buymanship of rugs.
5. Laundry
a. Cotton, wool.
b. New Washers.
c. Soaps and Detergents.
6. Sprays - Insects
Garden and Home.
7. Window treatments .

E. Nutrition

Aims - weight control, posture and exercises.

1. Packaged and prepared foods (antibiotics)
a. Nutritional value (Diet)
b. Relative cost. (Comparison of Pie Crusts)

5

2. Bread Making.

a. Nutritional Value.

3. Broiler and one dish Meals.

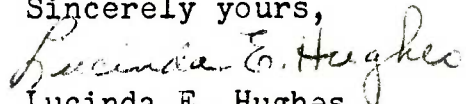
4. Food Preservation.

a. Freezers

b. Jams - Jellies and pickles.

My thanks to Each and every homemaker who gave her time and efforts to assist in planning the 1957 and 1958 program. I hope that the proposed plan of work will be acceptable to all clubs.

Sincerely yours,



Lucinda E. Hughes
HOME DEMONSTRATION AGENT

cc. 65

Proposed Plan of work to answer the 1957 problems. (This is tentative and will have to be okayed by the State Office)

January	-	First Aid, Burns Sterilization	-	Film, Agent Agent and-or Nurse
FEBRUARY	-	Clothing Fitting the design and style to the individual		Agent
MARCH	-	Clothing - Special Interest Groups - Making a skirt and blouse (Pattern selection, Finishing techniques. Club Meeting	Specialist and Agent Leader	
APRIL	-	Avoiding Monotony and Drudgery in housework Buying small equipment.		Agent
MAY	-	Simple Household Repair (L.T. Meeting in early May-would like to have Mr. Welchert and Miss Ryan help)		Leader
JUNE SEPT.	-	Packaged and Prepared Foods Nutritional Value Relative Cost (Pie Crusts)		Agent Specialist Leader

L.T. Meeting on some phase of this for presentation by Leaders in September.

- JULY - Own meetings agents will be glad to assist. Sug-
AUGUST gestions are:
1. Sedona - Sprays (Garden and Home)
 2. Sewing Machine Clinics
 3. Picnics
 4. Rug Braiding
- SEPTEMBER - County Fair
Packaged and Prepared Foods Leaders
- OCTOBER - Weight Control Agent
Posture
Exercise
(Continuation of Nutrition Program)
- NOVEMBER - Suggestions are: Own Meeting
1. Civil Defense - Loan Kit available
 2. Christmas Decorations
 3. " Candies
 4. " Cookies
- ETC.
- DECEMBER - Party

III. ORGANIZATION AND PLANNING (continued)

- b. Basic sewing (skirt and blouse) (Patterns)
Finishing techniques, short cuts.
 - c. Suiting clothes to the occasion.
Planning and buying.
Accessories.
 - d. Finishes on fabrics. (Care and character of new
fibers and finishes)
 - e. Rug Braiding
 - f. Sewing machine clinics.
 - g. Mending and simple repair.
3. Home Management and House Furnishings:
- a. Simple Household Repairs
 - b. Avoiding monotony and drudgery in housework.
Buymanship of small equipment
 - c. Color in home decoration: walls, furniture,
and paint.
 - d. Buymanship of rugs.
 - e. Laundry: Cotton, wool
New washers
Soaps and detergents
 - f. Sprays for insects (garden and home)
 - g. Window treatments
4. Nutrition: AMS - Weight control, posture, and exercise.
- a. Packaged and prepared foods (antibiotics)
Nutritional value (diet)
Relative cost (comparison of pie crusts)
 - b. Bread making - nutritional value
 - c. Broiler and one dish meals
 - d. Food Preservation -
Freezers
Jams, jellies, and pickles.

III. ORGANIZATION AND PLANNING (continued)

C. AGENT'S PROGRAM

The Agent met with individual clubs five months this year. The projects covered were:

1. Mental Health
 - a. Guest speaker presented to the Sedona group by the Agent was Dr. Richard A. Parry, Yavapai County School psychologist.
 - b. Guest speaker presented to the East Flagstaff group was the Coconino County Public Health nurse. She talked and showed a film on mental health.
2. Clothing
 - a. Care and selection of shoes for health and comfort.
 - b. Characteristics and care of man-made fibers and fabrics.
3. Nutrition
 - a. You and your home freezer
 - b. Bulletins mailed to complete mailing list on:
 - Making of Jams, Jellies, and Pickles
 - High altitude cake making
 - Making of yeast breads and rolls
 - New ways of cooking Pinto Beans
4. Home Management and House Furnishings
 - Management of family time
5. Miscellaneous
 - a. County Fair supervision
 - b. Community service clubs. Benefits are received primarily by the 4-H clubs.

The Agent feels that it is essential for her to meet with individual clubs as often as possible. During the past year the Agent has worked with two Homemakers' clubs, one LDS group, the Coconino County Farm Bureau, the Coconino County Fair Committee, and other civic groups in the county. By cooperating and working with all of these groups, composed primarily of rural people, the Agent is reaching a majority of the people in the County.

III. ORGANIZATION AND PLANNING (continued)

D. LEADERS' PROGRAMS - 1956

This year three subjects were carried by Extension trained local leaders. They were:

1. Buymanship of furniture and major appliances.
 - a. Kitchen ranges
 - b. Overstuffed furniture
2. Organizing our sewing centers
 - a. Making a sewing equipment box
 - b. Arranging a "U" shaped sewing area, both temporary and permanent.
3. Outdoor cookery
 - a. Foil cookery
 - b. Skewer cookery
 - c. Dutch oven cookery
 - d. Grill cookery

The leaders did an excellent job of presenting these projects. Probably two of the main reasons for their success were:

1. Careful selection of projects by the Specialist and Agent for leaders to present.
2. Extreme interest of leaders in the projects.

E. CLUB PROGRAMS - 1956

Clubs carried four months of their own programs in addition to their leader meeting this year. The projects which were covered in these "purely local meetings" were recommended but not assisted with by the county office. All arrangements were made by the President and her committees. Some of these projects were:

1. Verde Valley family picnic (Sedona hostess)
2. Crafts classes

III. ORGANIZATION AND PLANNING (continued)

3. Christmas suggestions
4. Party
5. Extra outdoor cookery meetings
6. Extra mental health talks. Working with and for the mental health clinic.
7. Sponsorship of 4-H club work
8. Recreation - Community
Bi-County

The Agent feels that all clubs should have an opportunity to select their own projects a certain percentage of the time. Some of the reasons for this are:

1. It develops responsibility and a sense of achievement on the part of the club president.
2. Permits club members and communities to realize that they can function without the Agent's presence or assistance.
3. Gives an opportunity for clubs to indulge in purely local problems or projects.
4. Makes everyone feel that the club is their's not the Agent's.

IV. HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS

The Aims of the Home Management and House Furnishings projects for 1956 were:

1. To increase family pride in the home by improved operating and appearing equipment and furnishings.
2. To allow time and energy for family fun, recreation, and family living
3. To save money by improved buying practices.

In order to work towards these general goals we taught:

1. Buying furniture and major appliances.
2. Saving family time.

In past years we have studied:

1. Floor coverings
2. Storage for kitchen and dining areas
3. Color and its application in the home
4. Problem windows
5. Drapery making and a host of other specific topics all tending to increase the pride and pleasure derived from the home.
6. Wood finishes and upholstery

One of the most talked about problems in Coconino County, as in all other counties in the U. S., is the "Teenage Problem". Although the Agent realizes that it is not necessarily true that a well furnished and equipped home contributes to a lack of teenage delinquency, the Agent believes that good home surroundings are worthwhile for both the teenager and the adult. Busy, happy youngsters and adults usually do not become involved in undesirable activities.

A. BUYING FURNITURE AND MAJOR APPLIANCES

One leader training meeting was held in the county this year on buying stoves and upholstered furniture.

The outlines followed were:

IV. HOME MANAGEMENT - HOUSE FURNISHINGS (continued)

1. Buying ranges:

- a. Points to look for such as seals of approval, seals of safety, principles of construction, types of enamel, units, etc. were stressed.
- b. Above mentioned points were checked on many makes of stoves by using various electric, gas, and oil range brochures.
- c. Reports of brochure findings were given by each group.
- d. "Arm chair" buying of all types of equipment was discussed and advised.

2. Buying overstuffed furniture:

- a. Characteristics and appearance of hard woods used in interior and exterior of furniture.
- b. "Old time" and modern methods of interior construction of overstuffed furniture.
- c. Use of foam rubber in overstuffed furniture.
- d. Emphasized construction points and techniques to look for and ask about when buying furniture.

Leaders who attended the Leader Meetings were very interested in knowing what to look for when buying household equipment and furniture. Everyone was amazed to realize that 7% of the families in the western regions still cook with oil. However, homemakers in Cocoonino County cook primarily with gas or electricity although some wood is used.

Results on Buymanship are almost impossible to measure because no one "dashes out" to buy a new range or davenport just because we've had a meeting on buymanship. However, it is hoped that the long range value of these meetings on buymanship will be great.

Leaders reported that the women were especially interested in the study of the "specification sheets" on stoves. They were amazed at the really important information that is not given. Probably more than any other one thing they realized that the reputation of the dealer and his integrity are important. They realized that more often than not, we cannot see beneath the surface and therefore must depend upon the dealer for information on the interior construction, safety factors, and guarantees. The women seem to realize if they know what to look and to ask for, they are much more apt to get what they pay for.

IV. HOME MANAGEMENT - HOUSE FURNISHINGS (continued)

B. "SAVING FAMILY TIME" -

The aims of this project were to:

1. Encourage the wise management of time and money as a means of getting what you really want and not as a restraining agent.
2. Encourage homemakers to analyze themselves and their jobs.
3. Encourage families to plan for and have time to indulge in family recreation and pleasure.

The procedure for the meeting was:

1. Introduction to the problem. Special reference was made to the immense work load which the homemaker carries.
2. Suggested setting up a time budget after first:
 - a. determining family resources (check sheet for bathroom used)
 - b. determining use of available resources
 - c. keeping record of all activities for one or two weeks
 - d. analyzing time chart and making time budget
 - e. comparing own time budget with standard time budgets
 - f. setting up long and short time goals.
3. Discussions and demonstrations of "Best Tools for the Job".
 - a. Absorbent power of 5 types of dish towels.
 - b. Cutting ease of sharp knives
4. Analysis of "Your Homemaking Personality"

The two check sheets mentioned in this meeting procedure were kept by the homemakers. No effort was made by the Agent to in any way check what each woman had answered. However, the comments were numerous and in many cases quite humorous. One homemaker had the solution to the "husband's razor" problem. She said that since he had received a new electric shaver, he was so afraid that someone would break it that

IV. HOME MANAGEMENT - HOUSE FURNISHINGS (continued)

he always put it away after using it.

With regard to utilizing the resources of children in the family, the common comment was - when do their potentialities become a help and not a liability. One homemaker was heard to remark, "I spent an extra hour in the kitchen this morning cleaning up after my son washed the dishes last night".

In spite of all the comments made, the Agent feels certain that those homemakers present do realize the immensity of their problem and that they are trying by various methods to solve them. These meetings were, in the opinion of the Agent, well accepted. A good many women went home and started trying to make use of suggestions made. Many of them are trying, through record keeping, to see where all of their time goes and to cut down on the non-essential expenditure of time and energy.

C. MISCELLANEOUS -

Many other Home Management problems require a part of the Agent's time. Some of these are:

1. Home storage areas
2. Home water supplies
3. Drapery making
4. Use of soaps and synthetic detergents
5. Washing blankets
6. Refinishing of furniture and slip covers
7. Kitchen planning
8. Color and its use in the Home
9. Household pests

These requests were taken care of through personal contact, bulletins, and telephone conversations. As is true with all other Home Agents, it is difficult for this Agent to give a clear picture of the numerous requests for specific information in the Home Management and Home Furnishings field. Suffice it to say that as much or more time is spent in this manner as is spent on the planned program.

V. CLOTHING AND TEXTILES

The aims of the clothing and textile program for 1956 were:

1. To increase the homemaker's abilities to dress herself and her family well and healthfully at minimum cost. (Special reference to feet).
2. To improve the family appearance by making mending simpler and easier.
3. To decrease clothing costs by increased life of the man-made fibers and fabrics.

A. BUYMANSHIP OF SHOES -

The Agent met with all clubs in the county and demonstrated how to fit shoes and why a good fit is so important.

The object of these meetings were:

1. To improve the health of children especially in later life.
2. To teach mothers to recognize foot and leg problems and to realize that practically any type foot trouble is curable especially in children.

Procedure for the meetings; The Agent showed slides of the,

1. anatomy of the normal foot,
2. way to fit the foot,
3. what happens to the foot when shoes are improperly fit,
4. importance of fitting stockings and/or socks.

These slides were loaned to the Agent by the Missouri Clothing Specialist through our University of Arizona Clothing Specialist. The Agent wishes to express her appreciation for the use of these slides. They were very worthwhile.

Women attending these meetings had many like experiences and examples to cite. One of the most common foot problems seems to be weak ankles which allow the foot to "roll in" or "roll out". Another problem seems to be a short longitudinal arch bone which connects up with the big toe. Naturally there were many solutions to the foot problems but the Agent endeavored to encourage mothers to always take their foot problems (either their own or their children's) to a qualified foot specialist or doctor. Emphasis was given to the fact that improper foot treatment might be more harmful than no treatment at all.

V. CLOTHING AND TEXTILES (continued)

B. SEWING CENTERS -

The aims of these meetings on sewing centers were:

1. To decrease the time needed for women to mend and sew.
(Everything assembled in one spot.)
2. To improve the appearance of the whole family.
3. To decrease clothing costs.

The meetings were leader training meetings conducted by the Clothing Specialist and the Agent. Each of the six leaders and the Special Interest group of twenty LDS women made a sewing box and participated in demonstrations of setting up and using the portable "U" shaped sewing center. Leaders then conducted method demonstrations at their club meetings on the use of the "U" shaped sewing center. The Agent attended these leader meetings for two reasons:

1. To Observe
2. To encourage the setting of specific workshop dates for the special interest group meetings.

The club members were all enthusiastic about the sewing boxes. Twenty-five women from Sedona signed up to make these boxes. This makes a total of fifty-one sewing boxes made in Coconino County. All of the women were most fortunate in that there were men in each community willing and equipped to supply the cut lumber and hardware at a very minimum cost, - in some cases for about \$2.00. Apparently this box "caught on" with the men as well as the women.

Three women requested the blue-prints for the large sewing cupboard.

It is felt by the Agent that these meetings did accomplish the aims of making sewing and mending easier, therefore, the appearance of every member of the family was improved.

C. THE CARE AND CHARACTERISTICS OF THE MAN-MADE FIBERS AND FABRICS -

The aims of this project were:

1. To have all homemakers know the characteristics (good and bad) of the new man-made fibers and fabrics.
2. To decrease clothing costs by increasing the life of the man-made fabrics.

V. CLOTHING AND TEXTILES (continued)

3. To have homemakers understand and observe finishes and labels on fabric.

The purchasing of ready-made garments as well as yard goods is an ever present problem for the homemaker of today. Many times poor or inadequate labeling, or understanding of labels, has caused the homemaker to be a dissatisfied buyer. The problems are many and varied. Some of them are:

1. Too low a percentage of the "Miracle Fiber" to give the advertised characteristics.
2. Non-permanent finish causing limpness and dissatisfaction.
3. Non-bleach resistant finishes.
4. Blended fiber fabric which cannot be ironed and cannot be worn without ironing.
5. Static electricity.

These and many more problems have and continue to cause the homemaker dissatisfaction with her purchases. In an effort to help the homemaker with these problems, the Agent held a Method Demonstration on new fabrics and finishes. Some of the points brought out and emphasized were:

1. The fiber (for example nylon) has all of the characteristics attributed to it. Dissatisfactions arise from its blending with other fibers with perhaps an inadequate label.
2. Finishes on fabric are very important and instructions for care must be carefully followed.
3. Laws governing the labeling of natural and synthetic fibers and fabrics.
4. Standards of performance labels.

The strong and weak points of the various synthetic fibers were discussed and illustrated. Another phase of the program involved seams and seam finishes in the synthetic fabrics. Various seams and finishes were shown. The bound buttonhole in nylon especially intrigued the women. Their usual procedure has been to either hand work a buttonhole or use snaps covered with a button. Neither of these procedures have been too satisfactory.

The Agent feels that when we do a similar project in two or

V. CLOTHING AND TEXTILES (continued)

three years that we had probably better allow a two month period for the women to study the subject. There is really too much to cover in one meeting.

The new coating fabric on the market made of Orlon and Dynel is currently causing much favorable comment. The coats are beautiful and the advertising sounds as if they should be "good buys". The women are very enthusiastic about them.

Another problem which the women brought up and which the Agent did not know the answer to was "Hardening of children's nylon socks". Apparently in many cases nylon socks irritate children's feet. This seemed to be more prevalent with boys than with girls. A number of mothers said that they had quit buying nylon socks for their boys. Apparently the lack of absorption of the nylon combined with the vigorous activities of boys has tended to irritate the feet and make them sore. The Agent had no ready explanation to the problem of the "hardening" of the children's socks after a few months' wear.

The Agent anticipates that this meeting on fabrics and finishes will greatly assist the women in being more satisfied consumers of the clothing goods which they purchase. (Bulletin attached)

D. MISCELLANEOUS -

1. "Easy Sewing Skills" -

The new adult sewing bulletin "Easy Sewing Skills" was used widely in the County. Numerous requests keep coming to the office for this and other clothing bulletins. The bulletin "Easy Sewing Skills" is by far the best bulletin of its kind that the Agent has had the opportunity to use. The women like it very much. Homemakers who have sewed a lot still have trouble (1) putting on a convertible collar, (2) putting in sleeves, (3) putting in zippers. This bulletin makes all of these procedure relatively easy.

2. Spot Removal -

Many requests came to the office this year on spot and stain removal from fabrics. The Agent had a simple compilation of various spot removal techniques mimeographed for ready reference of the homemakers. (Sample attached). Five hundred copies were made, 250 for each of the Agent's two counties. This mimeograph has proved usable and useful to the homemaker.



What are They ?

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
—
FLAGSTAFF

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND COCONINO COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

KNOW YOUR FABRICS: KNOW THEIR CARE

Since 1938, with the development of nylon, a man-made fiber, there has come a revolution in the textile industry. The consumer is confused and bewildered by new terms in the field. If we are to understand how to buy and care for fabrics, we must know something about the fiber and how the fabric is made. The following are the essentials to making a good fabric:

1. There is the fiber (the raw product). It may be cotton, silk, rayon, acetate, or one of the many man-made materials.
2. Then there is the yarn. It is composed of fibers that may be short, long, crimped, or any one of a combination of the above fibers. These fibers have been spun - twisted into a yarn.
3. The next step is application of a finish to the yarn. This may be color, mercerization, crease resistance, mildew resistance, etc. These fibers have been spun - twisted into a yarn.
4. The last important factor is the weaving of the yarn into fabric. This has a decided effect upon the performance of fabric.

Each fiber, man-made or natural, has its strong points and its weak points. The time has come when fabrics can be made for specific purposes. A step in this direction has been made by the American Standards Association. They have set up standards for some 50 rayon and acetate fabrics. These standards, called L-22, apply to fabrics for definite end use. Another set of standards is being set up under L-25 that gives performance standards for other fibers.

This is the only way that the consumer can be sure of quality when he buys. These standards have been requested by the National Retailers and Dry Goods Association, but as yet are not prevalent on labels. Look on your label for L-22 standards on rayon and acetates.

Our best assurance of quality at present is the reliability of a brand name. Much experimenting is being done with finishes and blends of fibers. Reliable brands are interested in satisfying the public.

Since man-made fibers have given us new characteristics in fabrics, we need to know some of their specific qualities. All have similar characteristics in varying degrees.

With the exception of rayon and vicara, all are:

1. Thermoplastic. This means that they can be molded by heat. You get permanent pleats because of this characteristic. This requires care in handling, ironing on wrong side to prevent glazing of fabric, thereby making it shiny.

2. They all have low moisture content. This means that they dry quickly as they do not absorb moisture.
3. Resistance to wrinkling.
4. Resistance to mildew, moths.
5. High degree of electricity.
6. Same strength when wet as when dry.
7. All have been difficult to dye.
8. All are strong fibers and resist abrasion.

ACETATE AND RAYON

First man-made fibers and probably most widely used. Less expensive than other fibers. Acetate is soft and can be crisp. It drapes well. Dries faster than rayon, but gas-fades. It holds the crease and doesn't wrinkle as badly as rayon. Weak when wet and it fuses under a hot iron. The sun and bleaches weaken it. Rayon is also weak when wet. It wrinkles badly. Takes color well and retains it. A new labeling act specifies that fabrics of acetate or rayon must be so labeled. An acetate can no longer be called rayon.

- (a) Fiber E. This is a special type of viscose rayon which looks like wool. It is used in rugs, upholstery, coating and napped fabrics, for boot-lining, and jackets. The crimped and curled effects give it a luxurious appearance at a moderate price.
- (b) Fortisan. Exceptionally strong fiber, resistant to stretching and shrinkage, moths, heat, and sun damage. Found mostly in warp threads of drapery and curtain materials.
- (c) Tufton. A viscose rayon made for floor covering. Produces good appearance at moderate price.

NYLON

One of the early man-made fibers and has had the test of consumers in clothing. It is one of the strongest of man-made fibers. It has the above characteristics and has a few weak points. It deteriorates in sunlight and for this reason is not a good fiber for window curtains or outdoor furniture. It has remarkable elasticity and recovery. This elasticity has made sewing it difficult. It is sensitive to acid and has a high degree of static electricity. It will melt under a hot iron. Easily dyed and blends well with other fibers.

Recent developments have brought about new effects. A new type of yarn, called Helanca, has the ability to stretch and to conform to any shape. It is being used in yarn for hosiery and gloves. A method has been discovered to make it opaque. It is less transparent.

ORLON

This fiber has many of the same characteristics that nylon has. It is more nearly like silk than nylon, since it has the warm, dry feeling of silk. It has the power to keep its shape at high humidity. It is resistant to sunlight. This has given us a glass curtain fabric that has proved most satisfactory. It does not have the strength of nylon, but is stronger than rayon and is a durable fiber. It retains 90 percent of its strength when wet. It has been difficult to dye and it melts under a hot iron.

Orlon can be pleated. It creases with a moderately hot iron. Pilling occurs in some fabrics, especially sweaters. Blending with other fibers minimizes this. It blends nicely with wool and wool becomes washable when blended with 50 percent orlon.

DACRON

It is a strong man-made fiber, as strong as nylon with characteristics similar to nylon. Its strongest point is its ability to retain shape. Nylon stretches but goes back to its original shape. Dacron does not stretch as does nylon. This should make it a good fiber for sewing thread which will eliminate puckering that we get when sewing with most nylon threads.

Dacron shows great promise from experimentation. It should solve the problem of summer suitings, as it will produce a fabric that will not wrinkle from perspiration or high humidity, and will not shrink in cleaning operations. Displays recently shown at textile meetings showed slacks laundered in home washing machines that had held the press and crease. Blouses and men's shirts laundered did not need ironing. Static electricity is one of the problems in all dacron merchandise.

Dacron has that dry hand that gives it a luxurious feel. Sweaters, socks, and knitting yarn are reported to give the long wear and easy care of nylon. The dry "hand" will be an additional quality that will be welcomed in hosiery. Some of our nationally advertised socks for men have been made of dacron.

VICARA

This is a protein fiber made from corn-zein. It has a soft hand and gives warmth without weight. It is weak when wet and scorches easily. It is not a strong fiber. It absorbs moisture almost like wool. Will and should be found only in blends. It is advertised as "the fiber that improves the blend."

SARAN AND VELON

These are plastic yarns that can be woven like cloth. These yarns are tough, flexible, resistant to wear, fire, and chemicals. They too have their weaknesses. They shrink excessively at high temperatures. Also, when they wrinkle, the result is permanent wrinkles or folds.

Saran's new fabric is marquisette. It is also used for upholstery, drapery fabrics, handbags and shoes.

ACRILAN

A rather new fiber that has many of the characteristics of nylon but is lighter in weight. It is also soft and blends nicely in knitting yarns. It does not have the static problem and resists pilling. For this reason it is blended with other fibers and gives a soft hand to these blends. It resists sunlight but melts under a hot iron.

DYNEL

This fiber differs from the others. In the hand it is soft and resembles cashmere in wool. It gives warmth with light weight and it has characteristics similar to other synthetics, except that it has a lower melting point. In blankets and in fabrics it has had a tendency to "pill". This means that it rolls up in little balls and finally leaves the fabric. Never use a steam iron on dynel. The press cloth should be dry and the iron should be set for the lowest possible heat. Dynel should be laundered in lukewarm water. It has much static electricity and will hold lint. It is probably advisable to purchase this fiber in a blend with other fibers if it requires pressing. In wool blends where 35 percent dynel is present, the fabric gains crease retention and wearing qualities. In 50 percent blends with cotton, it adds softness and reduces cotton shrinkage.

Dynel is fire resistant, which makes it a good fabric for children's clothing and draperies.

FIBERGLASS

This fiber is made from glass. The fabric is strong, fireproof and resistant to chemicals and mildew. Fiberglass fabrics are not at present suitable for clothing. They have an irritating effect on the skin. In coated fabrics they are desirable for draperies, screens, tablecloths, awnings, lampshades and curtains.

Fiberglass seems to be most popular in curtains. Since the fabric will not absorb moisture, they require no ironing and will not absorb dirt. Their abrasive resistance is only fair. Therefore, pull-curtains that rub a surface constantly might through friction break at the fold of the hems. These curtains should be protected from rough edges of curtain rods.

PELLON

This is a non-woven material used for stiff petticoats and interfacing. It is made of nylon, rayon and other synthetics bonded together. Pellon does not change shape or stretch. It is always stiff and is difficult to shape to a curved area in interfacing.

BLENDS

No fiber can be said to be better than another; each has its own "place in the sun." The manufacturer is responsible for blending fibers and using finishes that will give satisfaction to a fabric. Because certain fibers have certain characteristics, fabrics can be constructed for definite purposes.

Advertising has caused many a consumer disappointment. The new fibers were advertised to be "miracle fibers." Therefore, purchases have been made, many with a small amount of the fiber. The fabric did not respond as was expected, and the new fiber received a bad name.

Some fabrics carry labels giving the amount of new fibers, others do not. Unless there is 50 percent or more of the fiber present, you cannot expect the fabric to have the characteristic desired in the original fiber.

At the present time, the consumer has to depend upon the integrity of the manufacturer. Possibly as consumers demand it, labeling will become a necessity.

When fibers are blended to make a fabric, it is necessary to take into consideration the weakness of the fibers. Most man-made fibers are stable; that is, they do not shrink. Natural fibers may not be stable if they have not received the correct treatment. Many persons have been disappointed in combinations of man-made fibers with cotton. They were purchased with the idea that they would not wrinkle or need any ironing. Many of them appeared wrinkled and "unironed" at all times; in fact, they never could be pressed. This was due to shrinkage of the cotton yarn and no shrinkage of the nylon or orlon.

The amount of man-made fiber used in the combination has something to do with the wearability. When nylon is combined with rayon and cotton, 60% is needed to add tensile strength, while 15% is all that is needed when combining it with acetate or wool. To give dimensional stability, which means to avoid sagging or stretching, 40% is the minimum.

Blending with orlon requires 50% orlon as a minimum with wool or acetate and 80% if combined with rayon. This should give the fabric a wrinkle resistance.

Dacron blends require for wrinkle resistance a 50% mixture with wool or acetate and 75% with rayon. For retention of press, 25% dacron is recommended for blends with all fibers.

FINISHES

Special finishes are applied to both man-made and natural fibers to give them characteristics that you do not find in their natural state. There are hundreds of different finishes, and some are used to confuse the customer. When a finish is used, a label should give definite serviceability of the applied finish.

SIZING AND DRESSING

The common ones are starches, gelatines, and resins. Starches are soluble finishes used on fabrics to give firmness. They are not permanent. Gelatine is used on rayons to give a soft, lustrous stiffness and to give body to the fabric. Home-made method: Use 2 tablespoons of gelatine dissolved in a gallon of water. Dip the fabric into this solution. Roll in a towel to take off excess material before drying. This avoids heavy drainage to the lower edge of the garment.

Resin first was discovered in 1929 and is total finish given linens to make them crease resistant. There are two types, thermoplastic and thermosetting. The thermoplastics are heat sensitive and will melt and reshape. The resin does not penetrate the fiber but forms a film over the fibers, yarns, or fabrics. Thermosetting resins are the most commonly used. The resin is infusible. Temperatures higher than 350 degrees F. - which is the fusing temperature - will destroy it. It may be washed at the temperature below 350 degrees. Ironing could destroy it.

Glazed effects on fabrics are often thermoplastic. Polished cotton has a thin layer of resin on the surface. It wrinkles when laundered. Iron in a damp state. A sculptured effect is achieved by glazing and embossing. The fabric has glazed and unglazed areas. It is truly a "non-iron" fabric, because the iron is apt to change the design.

SHRINKAGE CONTROL

Different methods control shrinkage from 1% to 2%. The following trade names may be found:

For cotton: Sanforized, Wrinkle-Shed, Rigmel, Disciplined, Everglaze
For Rayon: Fiberset, Penn-Allied, Unifast, Sanfroset, Zeset, Avcoset
For Wool: Lanaset, Pacifixed, Resloom, Sanforlan

For stretch as well as shrinkage, there is for cotton knits the "Redmanized" finish found on T-shirts and boys' cotton knit underclothing, "Sag-No-More" and "Sanforlan" for wool, "Fiberset" for rayon, and "Trianized" for nylon.

CREASE RESISTANCE

Cotton, linen and rayon and blends of these fibers wrinkle badly. One way of reducing wrinkling is by adding some of the man-made fibers that do not wrinkle. Another is by applying finishes. Resin finishes have become quite satisfactory for cotton and rayon crease resistance. Some of the trade names for such finishes are: Tebilized, Vitalized, Wrinkle-Shed, Stazenu, Everglaze, and Superset. On nylon it is Trianized. These finishes improve the fabrics recovery from wrinkling.

COLOR FASTNESS

"Vat-Dyed" will be found on cottons and rayons and also linens. They are probably the most satisfactory in Arizona sunlight. Fabric color should be fast to laundry, perspiration and atmospheric conditions.

Dyes for acetate are most important. An effort has been made to keep fabrics from gas fading by introducing the color into the solution before the fiber is made. The terms applied are: Celaperm, or Chromspun, Color-Sealed, Colorsun, Coloray, Jetspun.

OTHER FINISHES

Flameproof fabrics are now on the market. The most common treatment is Ban-Flame.

Milium and Temp-Resisto are trade names for backing of coat linings. They increase warmth without increasing weight.

Moth and insect control are important to wool or part-wool fabrics. Fabrics must be treated in dyeing stage and the garment will be permanently moth-proofed. Or a garment may be treated when dry-cleaned. Mitin is one of the trade names. Washable wools can be treated with a solution called EQ-53. It may be sold under various trade names.

There are many other finishes, some 500, but the above are the ones that are the most important.

CARE

Every good piece of fabric carrying a label will give you instructions for care. Keep these labels. Tell your dry-cleaner about it when you send the garment to be cleaned. All of the man-made fibers need to be ironed with caution. The spin cycles in the washing machine may set hard wrinkles. Dynel requires cool water and a cool iron. Drip-drying is the best method for all.

Nylon picks up color. Therefore, white nylon must always be washed alone. Wash water hotter than the hand can stand may set wrinkles. Place curtains or fabrics into a bag when laundering in a machine to avoid wrinkles. Use a sodium perborate bleach or a specific nylon bleach for nylons. This will keep the nylon from yellowing. Repeated washing and ironing at high temperatures may cause yellowing. So can liquid chlorine bleach. Dye color remover will remove the yellowing. Special nylon bleaches are now on the market.

Some resin finishes on fabrics have become yellow or change color from use of a chlorine bleach. Your label for crease resistant finishes may tell you not to use a chlorine bleach.

If you have used a chlorine bleach and the originally white material turned yellow, you can restore the article by using one of the color removers. Follow directions on the package. A colored article that has changed color should be soaked for 1/2 hour or longer in a solution containing 1/2 tablespoon of sodium thiosulphate to a quart of water. To avoid damage to the fabric, these treatments should be used before the fabric is ironed.

If you have stubborn spots use sodium-perborate bleach. Allow to stand several hours or over night if the fabric is white. If it is not a washable garment, use powdered bleach. Sprinkle it over the dampened spot. Let stand and repeat if necessary.

Resin finishes will keep a garment from spotting, providing that the dirt or spotting material is free from oil or grease. To remove this, it will be necessary to use a dry cleaning solvent before laundering.

T-shirts and knits if over-dried seem to shrink more than when taken from the drier slightly damp.

Air-dry dynel garments, blankets or blends of dynel with other fibers.

Since most man-made fibers dry quickly, why not use this asset and air-dry them instead of using a drier?

Pilling of orlon and other synthetics and blends is caused by the making of the yarn and it is believed that static electricity may be responsible. Wear is responsible for some of the pilling as well as process of laundering. If orlon sweaters are turned inside out and placed in a bag while being laundered, the pilling may be lessened.

SPECIAL GARMENTS AND THEIR CARE

Orlon Fleece Coat	Lukewarm water, mild soap or low sudsing detergent. Remove from drier when quite damp to prevent wrinkles. Brush nap with soft brush.
Nylon and Orlon Sweaters	Laundry with mild detergent or soap. Handle like wool. Smooth shape and dry flat. If blended with wool handle the same way.
Dacron or Nylon Pleated Garments	Laundry in warm water, not more than 100 degrees. Drip dry. Avoid wringing to remove excess water. Gently roll in towel before hanging. Replace sharpness of pleats by pressing on wrong side.
Wrinkle Resistant Cotton or Rayon	Laundry in warm, not hot water. Do not wring as you will set wrinkles. If handled carefully it will retain plaits and will need little ironing. If "thrown" in a washing machine with very hot water and dried wrinkled, you will have difficulty removing wrinkles.

TIPS ON SEWING THE NEW FABRICS

1. Always experiment on fabric before you begin sewing.
2. Use sharp scissors for cutting; ample seam allowances are necessary.
3. If seams tend to pucker, loosen the tension both top and bottom. Use longer stitch, smaller needle, No. 9 or 11. Then try sewing over paper, hand-wind thread onto the bobbin.
4. Nylon tricot rolls; to avoid this, stitch 1/8 inch from edge of seam, then trim down close to stitching line.
5. Use interfacing for making buttonholes. Pellon of lightest weight is good. Other suitable materials would be lawn or organdy which is sanforized.
6. Do not press until you are sure of the fit, as a crease, seam or hemline over-pressed is hard to remove.
7. Dacron thread seems the most suitable of the man-made fibers for sewing thread. Nymo single filament thread is also satisfactory.
8. Paper tape pasted over the hole on the throat plate of the sewing machine will help to keep the seams from puckering.
9. To test seam puckering, stitch at least 10 to 12 inch seam and let stand several hours. The "pulling-up" and puckering often occur several hours after stitching.
10. Finish edges of seams with zigzagger or finish by turning under seam edges.
11. A double hem is often more attractive than a ragged edge turned down as first turn.

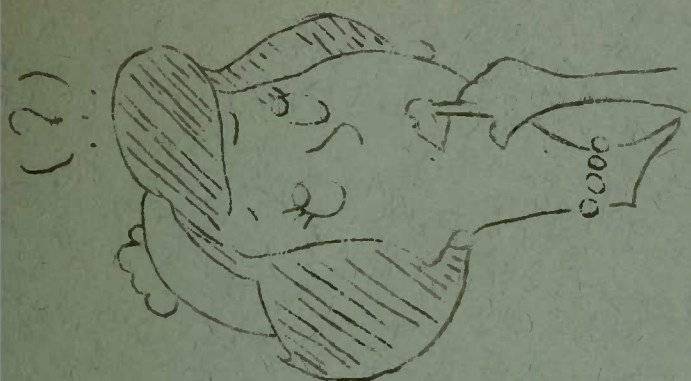
Prepared by Helen L. Church, Extension Clothing Specialist

Sept., 1956
cc: 250

Stair

Remove

Quick



COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
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AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

STAIN REMOVAL

Lucinda E. Hughes
HOME DEMONSTRATION AGENT

In either washing or dry cleaning the removal of stains of all types is very important. The best results for stain removal are achieved by:

1. Immediate removal of the stain
2. Knowing what the stain is from
3. Using the proper solvent for the stain
4. Removing or treating stains before immersion of the garment in either soap suds or dry cleaning solvent.

Types of Stain Removers

Absorbents:	French chalk, fuller's earth and corn meal.
Solvents:	Water, alcohol, carbon tetrachloride, benzol, acetone, and Stoddard's specification solvents.
Bleaches:	Lemon juice, hydrogen peroxide, oxalic acid, acetic acid. It is better to apply bleaches for a few seconds at a time and then rinse or neutralize. Apply again if necessary.

Re-agents and Methods of Removing Specific Stains

<u>Stain</u>	<u>Re-agents and Methods</u>
Blood	<ol style="list-style-type: none"> 1. Sponge with cold or lukewarm water. 2. Apply a corn starch paste and brush off when dry. 3. Sponge with hydrogen peroxide to which a few drops of ammonia have been added.
Chewing Gum	<ol style="list-style-type: none"> 1. Apply ice to gum until it is hard enough to crumble. 2. Soften gum stain with egg white and wash if material is washable.
Coffee and Tea	<ol style="list-style-type: none"> 1. Sponge with clear water and then use hydrogen peroxide solution containing a few drops of ammonia.

StainRe-agents and Methods

Food Spots

1. Fats: a) Remove with solvent or spotting mixture. b) Sprinkle with white talcum powder or starch, French chalk or Fuller's earth and rub gently to permit powder to work in material. Brush powder out.
2. Sugar and Starch: a) Sponge with clear water if color does not run. b) Use spotting mixture.
3. Protein as eggs, meat milk - clean with solvent or spotting mixture.

Fruit Stains

1. If fabric is washable sponge with hot water or pour hot water through stain when it is fresh.
2. Sponge with 10% solution of acetic acid which is a mild bleach. Neutralize by sponging with a weak solution of baking soda followed by clear water.

Orange, Grapefruit and Lemon

1. Sponge with water and neutralize by sponging with weak solution of baking soda. Sponge with clear water.

Grass

1. If material is washable use hot water and soap.
2. Sponge with either wood or denatured alcohol.

Ink

1. While the stain is still moist apply starch, French chalk, cornmeal, or white talcum powder. When dry brush off.
2. Water will remove "water soluble" ink.
3. Apply soapy water if fabric will permit.
4. Soak in milk and remove milk stains with solvent and spotting mixture.
5. Commercial ink removers may be used if directions are followed carefully. These are likely to remove color and injure wool and silk.

StainRe-agents and Methods

Medicine

1. Sponge with water and alcohol mixture.
2. Sponge with alcohol.
3. For stains containing metallic salts, apply a hydrochloric acid solution made of one part hydrochloric acid to twenty parts of water. Rinse thoroughly at once in hot water. Add a little ammonia solution or borax to the last rinse water to neutralize dry acid that may remain.

Oil Paints and Varnish

- Scrape off fresh paint that is free
1. Apply solvent to both sides.
 2. Sponge with pure turpentine and rinse well in solvent.
 3. Apply a mixture of glacial acetic acid with chloroform.
 4. Apply a solution made from equal parts of benzol, acetone and alcohol.

Perspiration

- If fibers have been discolored from perspiration the stain will not be removed.
1. Apply spotting mixture.
 2. If material is washable, sponge with soapy water.
 3. Apply hydrogen peroxide to which a few drops of ammonia have been added. This is a bleach.
 4. Hold stain over an open bottle of ammonia.
 5. For an old stain, sponge with dilute lemon juice.

Scorch

- If the fibers have been burned badly it may be impossible to remove the stain.
1. If material is washable use soap and water.
 2. A mild bleach as lemon juice and salt may be used.
 3. Wool may be improved by brushing with emery board.
 4. Dampen a white cloth with hydrogen peroxide and place over the stain. Place a clean dry cloth over this and iron with a medium warm iron. Replace the top cloth if the hydrogen peroxide soaks through. If this is not done the iron leaves rust stains on the garment.

StainReagents and Methods

Shellac and
Alcohol Paints

Sponge with alcohol and rinse in solvent.

Tar, Road Oil,
Axle Grease

1. Apply kerosene to the stain. Dip in solvent.
2. If fabric is washable, rub lard through stain and wash with soap and water.
3. Sponge with carbon tetrachloride or turpentine. Dip in solvent or wash in soap and water.

Dry Cleaning at Home - Lorene Dryden
Stain Removal from Fabrics - F. B. 1474

c. 200
May, 1956

V. CLOTHING AND TEXTILES (continued)

3. Sewing Machines -

One of the big problems the last few years has been the variety of sewing machines on the market. The homemaker is continuously confused regarding the purchase of a sewing machine. Homemakers seem to buy machines for one of many specialty features such as:

- a. Patching arm (levis)
- b. Automatic zigzag
- c. Has a pretty cabinet, etc.
- d. The price meets her pocket book

Our problem as representatives of the Agricultural Extension Service is not to tell them what machine to buy but to guide them to a wise selection. Some of the questions this Agent tries to bring out are:

- a. Can you get repairs for it?
- b. Is it repairable? Many are not.
- c. Is the automatic zigzag worth the extra money? (sometimes as much as \$150.00 extra)
- d. Is the cheap machine really a good buy? Consider repairs.

The Agent frequently encounters a more or less non-repairable new sewing machine when she makes home visits.

This year the Agent assisted twenty-five homemakers with sewing machine repair and advice.

VI. NUTRITION

The nutritional status of ranchers and farmers in Coconino County is high. We have very few cases of disease directly traceable to poor nutrition. The nutrition work in Coconino County has been operating for a number of years on a long range basis. Each year we have endeavored to do some nutrition review of previous years' work as well as to add some new nutrition information. To date the nutrition program has covered the:

1. Caloric value of food
2. General nutrition value of food
3. Protein value of food
4. Vitamin A and C value of food
5. Vitamin B complex value of food

The majority of the Coconino County homemakers realize that nutrition is very complex, that by following the Basic 7 Food Chart in their daily meals they and their families can be well nourished. Except for a few isolated cases, the women calculate actual food intake at only infrequent intervals but they do check their menus with the Basic 7 Food Chart. About 50% of the Coconino County Homemakers keep the Basic 7 Food Chart in a convenient spot in their kitchens. In that way it is easily referred to. (The recommended practice is to tape this chart to the inside cupboard door).

The Agent has endeavored to instill in the minds of the homemakers the importance of proper meal preparation. Great emphasis has been put on the fact that improperly prepared food may not be nutritious food. Aims of this Agent are:

1. To have homemakers serve a balanced diet of good fresh or properly preserved foods correctly prepared.
2. To have everyone in the family eat their requirement of these foods.

Homemakers throughout the County are more or less continuously aware of nutrition in regard to over- and underweight problems. A number of the women who lost weight during our weight control studies of 1950 are still maintaining that decreased weight which they aimed for and achieved. Homemakers realize that they feel better, look better, and have a better outlook on life if their weight is approximately normal.

VI. NUTRITION (continued)

This year (1956) emphasis in the nutrition program centered around the Basic 7 foods and preserving them at their height of nutritional value for use later on in the year, and on the correct preparation of outdoor meals.

The aims of the 1956 county-wide nutrition program were to:

1. Improve nutrition by improving the appearance and flavor of food.
2. Encourage eating for health, beauty, and enjoyment.
3. Increase planning and preserving, aiming towards economy in the family food budgets.

The Agent feels that through all of the varied nutritional activities this past year that the aims of a county-wide good nutrition have been advanced.

A. OUTDOOR COOKERY -

The project "Outdoor Cookery" was taught by trained leaders. Leaders and club members alike were most enthusiastic about this subject, probably because it is something in which the entire family can participate. Some groups had two and even three meetings on Outdoor Cookery. By the time the groups were finished with their meetings they had used every type of outdoor cookery demonstrated and some of it more than once.

Just prior to one of the community meetings, a homemaker, happening to see the Agent on the street said, "Miss Hughes, Betty asked me to bring two dozen roasting ears to the meeting Thursday. I've been trying to figure out how to keep them warm until we eat and all of a sudden it dawned on me that maybe she wanted to cook them a special way. The meeting is Outdoor Cookery". Of course, the homemaker's second guess was the correct one. Everyone would have been mighty disappointed had the roasting ears been cooked at home and not in foil in the hot coals.

Homemaker nutrition leaders (both adult and 4-H) came from all over both counties to participate in the Leader Training Meeting.

Aims of the meetings on Outdoor Cookery were:

1. To make outdoor meals
 - a. healthful and nutritious
 - b. fun for the entire family or group.

VI. NUTRITION (continued)

2. To teach good methods of outdoor cookery

Procedure for the Leaders' Training Meeting was:

1. Preparation of fire pits and trenches (lunch was served by and to all leaders)
2. Dr. J. N. Roney, Extension Entomologist, demonstrated on Fly and Insect control
3. The object of the meeting was outlined
4. The foods to be prepared were assigned leaders and books of instruction were issued. (Copy attached)
5. Preparation of foods by leaders
6. Lunch
7. Clean up camp site safely

Practically all methods of outdoor cookery were demonstrated. They were:

1. Spit cookery
2. Bean hole cookery
3. Regular dutch oven cookery
4. Aluminum foil cookery
5. Grill cookery

All methods showed most desirable results and the women were delighted with their finished products. As much as possible, everything was prepared at the class. However, sauces, biscuit mix, and pre-cooked beans were prepared ahead of time by the Agent. Outdoor cookery seems to have universal appeal to the majority of the people.

B. FOOD PRESERVATION -

Freezing:

Two demonstrations on freezing were given in Coconino County this year. The objects of these demonstrations were to:

1. Improve the quality of home frozen foods

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OUTDOOR COOKERY

There are many different types of outdoor meals. Some of which are:

1. Entirely prepared out of doors.
 - a. By one or two people
 - b. By everyone fixing his own
2. Entirely prepared in doors and served hot or cold outdoors or at the picnic spot.
3. Preparation partially indoors and partially out of doors and served near the grill or picnic spot.

In planning an outdoor meal it is important to:

1. Select a simple menu.
2. Select a menu easy to serve and for which you have the equipment.
3. Let the whole family help.

In preparing for and building your picnic area fire be sure to have:

1. A safe fire spot.
 - a. Grill, well cleared open spot or trench
 - b. Have a shovel and dirt handy
2. Good coals - Build your fire at least one hour before time to cook.
 - a. Use hard wood such as oak, mesquite or ironwood
 - b. Use charcoal or brickettes

Hardwood, charcoal and brickettes have a high kindling temperature so a hot fire is necessary to start them burning. You may douse the coals with water after you are through cooking and save them for your next cook out if this is convenient.

Always cover open fire with dirt before leaving the camping area.

-2-

MENU

(Using various outdoor cookery techniques)

Kabobs (20 - 30 minutes)
Beans with Fritos (1 hour) Vegetables in foil (20 minutes)
Green salad with french dressing
Dutch oven biscuits (12 - 18 minutes)
Butter Jelly
S'Mores (5 minutes)

Coffee

Punch

Specialties

Roasting ears in foil (10 to 20 minutes)
Biscuit dough on a stick filled with preserves or cheese
Garlic Bread

Recipes and Directions

Kabobs

Trench Fire - Long trench with good coals, 8" deep - 12" wide
(build sides of trench up with dirt removed.)

Ingredients - (Per Serving)

1/4# sirloin tips cut into 1 1/4" cubes
Bacon cut into 1 1/2" pieces
Onion - layers cut into 1" pieces
Barbecue sauce
Salt and pepper

Alternate pieces of meat, bacon and onion on a square type skewer, salt and pepper. Place the skewer over the trench so that the filled portion is over the coals and both ends of the skewer remain cool. Brush with barbecue sauce as desired. Cook about 10 minutes on each side.

Quick Barbecue Sauce

1 - 8 oz. can tomato sauce (Spanish style)
1 - t. Worcestershire sauce
1 - onion (minced)
4 - T. lemon juice or vinegar
1 - t. sugar

Mix all ingredients together and set on the fire to simmer.

DUTCH OVEN HOLE

There are several ways to prepare for Dutch oven cookery.

1. Dig a hole about 2 feet in diameter and 15 inches deep (be sure that its bigger than the Dutch oven). Line sides and bottom of hole with rocks. Build fire in hole. Be sure to have a lot of good coals. Remove about 1/2 the coals to a cleared spot or a piece of tin. Insert Dutch oven. Heat to "sizzle" add food to be cooked. Cover and put coals on top of Dutch oven. Cover entire hole and oven with tin. Cover tin with dirt. Cook until food is done. Good for beans, stew, etc.
2. Dig a hole a little bigger than your Dutch oven and 8 to 10 inches deep. Build fire in hole. Be sure to have plenty of good coals. Heat Dutch oven & lid to "sizzle" hot, add food to be cooked. Cover. Take part of the coals from the hole and put on top of Dutch oven. Replenish top and/or bottom coals as needed. Good for biscuits, etc.

Biscuit Mix

8 cups flour
2 teaspoonfuls salt
3 tablespoonfuls baking powder
1 cup shortening

Measure 2 cups of mixture or Bisquick. Add 2/3 to 3/4 cups milk, mix lightly, turn on to floured board, knead lightly for 1/2 minute. Roll or pat to 3/4 inch thickness. Cut and put into previously well greased "sizzling hot" Dutch oven. (Place biscuits upside down and turn immediately). Follow procedure #2 for Dutch oven hole. Bake about 12-18 minutes.

Vegetables in Foil - per serving

1/2 large potato, sliced
1/2 carrot, sliced
1/4 onion, sliced
Salt - pepper - butter

Wash, peel and slice 1/4 inch thick all vegetables. Place sliced vegetables on generous square of foil, season to taste with salt, pepper and butter. Fold the foil over the vegetables using the drugstore wrap with three (3) folds. Fold ends back using three folds. The three folds are necessary to avoid leakage and make an air tight package.

Lay foil package of vegetables on coals smooth side down. Cook 10-12 minutes then turn and leave on coals another 10 minutes. Be very careful not to tear the aluminum foil package.

-4-

BEANS WITH FRITOS

Sauce

1/2 cup cooking fat
4 small onions
1 - #2 can tomatoes
1 - 8 oz. can tomato sauce (Spanish Style)
1 - Bouillon cube
1 - teaspoonful salt
1 - teaspoonful Chili powder

2 - #2 cans pinto beans or 1# pre-cooked beans
2 - small packages fritos
1/2# cheddar cheese

Make sauce by:

1. Adding onions to fat until sauted then add other ingredients. Cook 5 minutes.
2. Put layer of beans in Dutch oven, then layer of fritos. Pour 1/2 of sauce over this and sprinkle with cheese. Repeat for second layer.
3. Cover Dutch oven (Follow #1 instructions for Dutch oven hole). Heat thoroughly. Cheese should be melted and slightly browned.

S'MORES - per serving

2 Graham crackers
1 or 2 Marshmallows
1/2 Hershey bar (small)

Toast marshmallow to golden brown. Place 1/2 Hershey bar on 1 Graham cracker, cover with toasted Marshmallow and cover with second Graham cracker.

Coffee Chart

<u>Servings</u>	<u>Coffee</u>	<u>Water</u>
8	1 c.	2 qts.
12	1 1/2 c.	3 qts.
25	3 c.	6 qts.
32	4 c.	8 qts.

Lucinda E. Hughes
HOME DEMONSTRATION AGENT

August, 1956
c. 250

ADDITIONAL OUTDOOR COOKERY SUGGESTIONS

KABOBS:

1. Alternate cubes of lamb and ham. Salt, pepper, and brush with butter.
2. Alternate cubes of steak, onion, suet, and apple. Salt, pepper, and brush with butter.
3. Alternate cubes of lamb, tomato, green pepper, and onion.
4. Alternate cubes of ham with pineapple or orange.

GRILL SUGGESTIONS:

1. Quintuplets - Shape two thin ground beef patties.
Saute finely chopped onions in butter.
Season with salt and pepper and worcestershire sauce.
Spread a layer of onions on one pattie, cover with second pattie, seal edges.
Broil over campfire, place between toasted bun and serve.
2. Barbecued Chicken -
Prepare chicken in either halves or quarters.
Salt, pepper, dip in barbecue sauce and place on the grill skin side down.
Turn as necessary.
Baste with barbecue sauce each time that you turn.
Cook 45 minutes to one hour depending upon the size of the chicken.

DUTCH OVEN SUGGESTIONS:

1. Beef or lamb stew.
2. Pies and cobblers
3. Fried Chicken
4. Swiss steak or chicken fried steak.

VI. NUTRITION (continued)

2. Increase the use of the home freezer by encouraging use for foods other than meat.
3. Lessen the homemakers' load by encouraging pre-preparation of foods (casserole dishes, etc.) for later use.

All meetings were conducted according to the same outline which was:

1. Brief resume of the history of the development and use of frozen foods.
2. Discussion and demonstration of packaging materials.

The Agent endeavored to impress upon the homemakers the importance of using the best packaging material available. For example, the Agent showed the use of a plastic laminated kraft paper as against thermo-waxed kraft paper for packaging meats. The women all checked the two common kinds of waxed and plastic laminated paper to be sure that they could tell the difference between them. All other available packaging materials were shown and discussed.

Special reference was made to the new (since 1953) pyrex casseroles and pie plates because of their characteristic of withstanding extreme changes in temperatures. (From the freezer directly into a 400° or hotter oven).

3. Demonstration of freezing of fruits in syrup, dry, sugar packs.
4. Demonstration of freezing vegetables. The importance of rapid blanching and cooling was shown and discussed. Proper packaging materials and processes for sealing were shown.
5. Demonstration and discussion of packaging meats, poultry and eggs was shown.
6. Demonstration of packaging left-overs and combination dishes was shown. Samples were distributed. Some of the prepared foods shown and sampled were:
 - a. Yeast Rizz pie crust with chicken almond filling
 - b. Cranberry relish
 - c. Cornish pasties

Undoubtedly one of the biggest problems which homemakers encounter in freezing is the selection of the best packaging material. Locker plants are apt, unless cautioned, to use the thermo-waxed k

VI. NUTRITION (continued)

paper for meats instead of the plastic laminated paper. Efforts are being made to correct this situation.

All homemakers present at the demonstrations were very enthusiastic about the various available packaging materials. Some difficulty has been encountered with old, brittle laminated papers splitting. The Agent endeavored to emphasize that in order to be good consumers it was the duty of the homemaker purchasing such packaging materials to return them to the store, that her complaint was legitimate.

Freezing of meats, vegetables, and berries is very common today, especially in this area. Some of its advantages are:

1. Ease
2. Fresh flavor and food value
3. Improved nutrition at lower cost. Out of season foods can be available at in-season costs plus packaging and freezer costs.

The Agent is endeavoring to see that every homemaker in the county gets the most out of her freezer.

Canning:

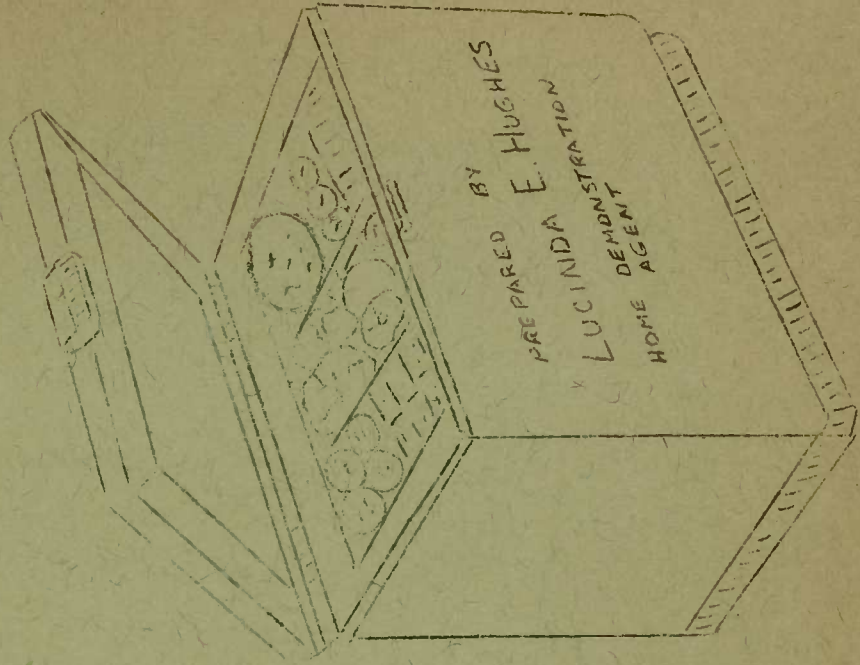
A large number of bulletins and general canning information requests have come to the Agent this year. In spite of all our efforts, homemakers are still canning fruits and tomatoes by the open kettle method and are having the "agent expected" difficulties. Most fruits darken, pears turn pink, tomatoes spoil, and in general the results are expensive in both time and money.

In an effort to assist homemakers to avoid this expense and disappointment, the Agent talked with homemakers on recommended canning practices. Points emphasized were:

1. Importance of using the recommended method for canning both fruits and vegetables.
2. Importance of following recommended time tables for all methods of canning.
3. Importance of using only standard canning jars for canning.

Five pressure canner gauges were checked this year. All were found to be in good condition.

YOU AND YOUR HOME FREEZER



COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
—
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AGRICULTURAL EXTENSION SERVICE
COUNTY AGENT WORK

YOU AND YOUR HOME FREEZER
by
Lucinda E. Hughes
Home Demonstration Agent

Your home freezer, well stocked, can be your best friend. You can save money by buying foods in quantity and preserving them for future use. You can save work during busy times by preparing foods in advance. You can decrease the day by day drudgery of three meals a day, day after day by planned leftovers, double recipes, and cooking when you are "in the mood".

Foods to Freeze

1. Fresh vegetables and fruits
2. Meat, fish, game, poultry
3. Bread, rolls, pasteries, cakes
4. Ice cream and sherberts
5. Combination main dishes
6. Sandwiches
7. Entire meals for the family
8. Dairy products such as 40% cream, butter, and eggs
9. Party delicacies

Precautions for Food Selection

1. Use only first quality foods for freezing.
(Rancid butter becomes more rancid, old eggs older, etc., during storage).
2. Use pure extracts and flavorings. Synthetic flavors often become bitter during freezing.
3. Use double acting baking powders if batters are to be frozen.
4. Strong spices such as pepper, onions, garlic, and cloves tend to become more pronounced. Mild flavors tend to fade, ie. salt.

-- cont. --

5. Some foods have texture changes so do not freeze satisfactorily.
 - a. Hard cooked egg white becomes tough
 - b. Raw vegetables loose crispness
 - c. Mayonnaise separates
 - d. Cream sauces tend to separate. Use broth or 1 teaspoon gelatin per cup of liquid
 - e. Boiled potatoes tend to become mushy and dark
 - f. Custard pies "weep" and are unsatisfactory when frozen
 - g. Smoked meats tend to loose flavor. They become more and more unpalatable
6. Beef ages slightly during freezing, therefore, do not age beef more than two or three days if it is to be stored over six months.

Precautions for Packaging

1. Use only moisture-vapor proof wrappings and containers for packaging foods for the home freezer. Avoid freezer burn.
2. Remove as much of the air from the package as possible.
3. Follow carefully recommended procedures for preparing and packaging all foods for the home freezer, ie.:
 - a. Blanch vegetables
 - b. Add sugar or sugar syrup to most fruits
 - c. Trim excess fat and bones from meat
4. Seal packages by either heat or drug store wrap. If necessary use locker tape to secure seal.
5. Protect cellophane and aluminum foil with stockinette.
6. Label packages with name of food and date plus any special facts about its preparation, use, etc..

How Much to Freeze at One Time

Your home freezer can adequately freeze only about one-tenth to one-fifteenth its capacity at a time within the 24 hour period allowed.. This means, in a 20 foot freezer you can successfully freeze about 60 pounds of meat, or 70 pounds of fruit and syrup, or 40 pounds of vegetables at one time.

COMBINATION DISHES"Yeast-Riz" Crust (Makes three 9-inch crusts)

1/3 cup milk	1 pkg. yeast
1/4 cup shortening	1 egg, beaten
6 tablespoons sugar	2 3/4 cups sifted enriched flour
1/4 teaspoons salt	1 egg white, slightly beaten
1/4 cup warm, not hot, water	

Part I

Scald milk
 Stir in shortening, sugar, salt
 Cool to lukewarm

Part II

Measure water
 Put into large bowl
 Add yeast
 Stir until dissolved

Combine Part I and Part II. Add beaten egg and half of flour. Beat until smooth. Stir in remaining flour. Turn out on floured board and knead until smooth and elastic. Place in well-greased bowl, grease top, cover with clean towel, and let rise in warm spot until double in bulk (1 1/2 hours).

Punch down, turn on board, divide into thirds. Roll each third into 10" circles, fit into 9" pie pans, pat all over surface, trim to edge of pan, press edge of pastry with tines of fork. Brush crust with egg white. Let rise until double in bulk, (about 20 min.). Prick with fork.

Bake 350° for 8 minutes. DO NOT BROWN.

Use at once or package and store in the freezer for as long as desired (6 to 8 months).

Fill with canned fillings such as hash, stew, chili con carne, or any mixture that you make yourself.

Bake 350° for 15 to 20 minutes.

SOME NEW FILLINGS ARE:HAWAIIAN HAM

2 cups ground baked or boiled ham	1 9-inch "yeast-riz" crust
1 cup milk	2 tablespoons melted margarine
1/2 cup fine bread crumbs	or butter
1/2 teaspoon dry mustard	1/4 cup brown sugar
1 No. 2 can crushed pineapple, drained	1/3 cup shredded coconut

Mix together ground ham, milk, fine bread crumbs and mustard. Stir in 1/2 cup of the drained crushed pineapple (reserve the remainder for topping). Spoon ham mixture into "Yeast-Riz" crust. Combine melted margarine or butter with the brown sugar and remaining crushed pineapple. Spoon on top of ham mixture. Sprinkle with coconut. Bake at 350°F. (moderate oven) for 20 to 25 minutes. Serve hot.

Makes 4 to 6 servings.

CHICKEN ALMONDETTE

2 cups chopped cooked or canned chicken	2 tablespoons chopped pimento
1 can condensed cream of chicken soup	2 teaspoons grated onion
1/2 cup sliced cooked or canned mushrooms	1 9-inch "Yeast-Riz" crust
1/2 cup slivered toasted almonds	1/2 cup fine bread crumbs
	2 tablespoons margarine or butter

Combine chicken, condensed cream of chicken soup, mushrooms, 1/4 cup almonds, pimiento, and grated onion. Spoon into "Yeast-Riz" crust. Blend together bread crumbs and margarine or butter. Sprinkle over chicken mixture. Sprinkle with remaining blanched almonds.

Bake at 350°F. (moderate oven) for 15 to 20 minutes. Serve Hot.

Makes 4 to 6 servings.

SEAFOOD SUPREME

1/4 cup margarine or butter	1 slightly beaten egg yolk
3 tablespoons enriched flour	1/2 cup flaked cooked crabmeat
1/2 teaspoon salt	1/2 cup cooked or canned lobster, cut into small pieces
2 tablespoons chopped parsley	1/2 cup cooked, cleaned shrimp, cut into small pieces
1 teaspoon lemon juice	1 egg white, beaten until stiff but not dry
Few drops hot pepper sauce	1 9-inch "Yeast-Riz" crust.
1 cup milk	

Melt margarine or butter in saucepan. Add flour, salt, parsley, onion, lemon juice, and hot pepper sauce; blend thoroughly. Add milk gradually, stirring constantly to keep mixture smooth. Cook until sauce thickens and looks satiny smooth. Remove from heat. Add egg yolk slowly, stirring constantly. Return to heat and cook, stirring constantly, until mixture comes to a boil. Remove from heat.

Stir in crabmeat, lobster, and shrimp. Fold egg white into seafood mixture. Pour into "Yeast-Riz" crust.

Bake at 350°F. (moderate oven) for 15 to 20 minutes, until crust is golden brown. Serve Hot.

Makes 4 to 6 servings.

NOTES

1. Try making your whipped cream with powdered sugar instead of granulated sugar - makes beautiful frozen snow-peaks and no chance for them to get watery. Whip the entire half pint of cream at one time and freeze the left over.
2. Freeze pie crust in circles to fit your favorite pie tin, separate with two layers of cellophane, package and freeze. While you are making the filling, the crust will thaw and bake.
3. Family-sized amounts of soup can be frozen in coffee tins. Seal edges with freezer tape. Be sure coffee tin is well washed and aired.
4. Drop a cranberry or a red or green maraschino cherry in your ice cubes before freezing. Freeze left over coffee and tea for use in iced tea or coffee, cools without weakening.
5. Buy several kinds of bread at your local bread source and repackage in mixed loaves. Result: variety each meal and no stale bread.
6. Cook up a "big kettle" of apple sauce and freeze in ice-cube trays as apple sauce cubes. One cube is a nice accompaniment for the meat course - two or three cubes make dessert.
7. Freeze a can of fruit cocktail for a jiffy salad or dessert. Slice while still icy, a topping of whipped cream and it's dessert; a topping of mayonnaise or fruit dressing and it's a salad.
8. When using sheet wrapping material or plastic bags with liquid or semi-solid foods, use a box or pan as a form until the product is frozen solid. More regularly shaped packages this way.
9. Freeze meat drippings for stews and gravies later on.
10. Freeze unbaked pies and frosted cakes before packaging. This makes packaging easier.
11. Wash plastic bags and other re-usable freezer wrapping materials with soap and water. Rinse well, dry, and store for future use.

BULLETIN REFERENCE

Home Freezing Fruits and Vegetables - Home and Garden Bulletin #10
Chicken in the Freezer - USDA Leaflet #279
Freezing Meat and Poultry Products - Home and Garden Bulletin #15
Making Velva Fruit at Home - USDA - AIS 22
The booklet which comes with your home freezer.

VI. NUTRITION (continued)

Jams, Jellies, and Pickles:

Originally the Agent planned to train leaders for demonstrations on the making of jams, jellies, and pickles but because of changes in the State 4-H program this was impossible. Therefore, bulletins on these subjects were mailed to all homemakers on our mailing lists. Letters as well as personal thanks were received by the Agent for this assistance.

DRYING:

Odd as it may seem this year there has been a good bit of interest in the drying of fruits and corn. Corn is being dried in both the whole kernel and as cream style. Plums and peaches seem to be the favorite fruits for drying. It is hoped by the Agent that the bulletin on drying fruits and vegetables will be re-issued. None are available in the state at the present time.

C. GENERAL FOOD PREPARATION -

The bulletin "New Ways to Cook Pinto Beans" has proved very popular. Copies of this bulletin were mailed to our complete mailing list. Requests are continuously coming to the Agent from both town and country people for this bulletin.

Isolated requests for information on the use of dried skim milk, vegetables, meats, and all foods imaginable came to the Agent. The Agent was even asked to help prepare the menus and purchase order for a family reunion of 75 people for five days. The Agent endeavors to assist all homemakers with their problems in nutrition whenever possible.

Baking:

The new yeast bread and rolls bulletin (copy attached) along with the high altitude cake bulletin were mailed to our complete mailing list. This Agent wrote the one and assisted in the writing of the other bulletin.



Yeast Bread & Rolls

● Circular 232

Distributed by
COUNTY AGRICULTURAL AGENT
AGRICULTURAL EXTENSION SERVICE
FLAGSTAFF, ARIZONA

Agricultural Extension Service
University of Arizona, Tucson

Look Here!

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*This is a
publication of the
Agricultural Extension
Service, University of
Arizona. See your local
County Agricultural Agent or
Home Demonstration Agent
for other farm and
home information.

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*University of Arizona
College of Agriculture, Agricultural Extension
Service*

Chas. U. Pickrell, Director

*Cooperative extension work in agriculture and
home economics, the University of Arizona
College of Agriculture and the United States
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gress of May 5 and June 30, 1914.*

5M—November 1955—Circular 232

Yeast Bread & Rolls

By
Elsie H. Morris
Extension Nutritionist

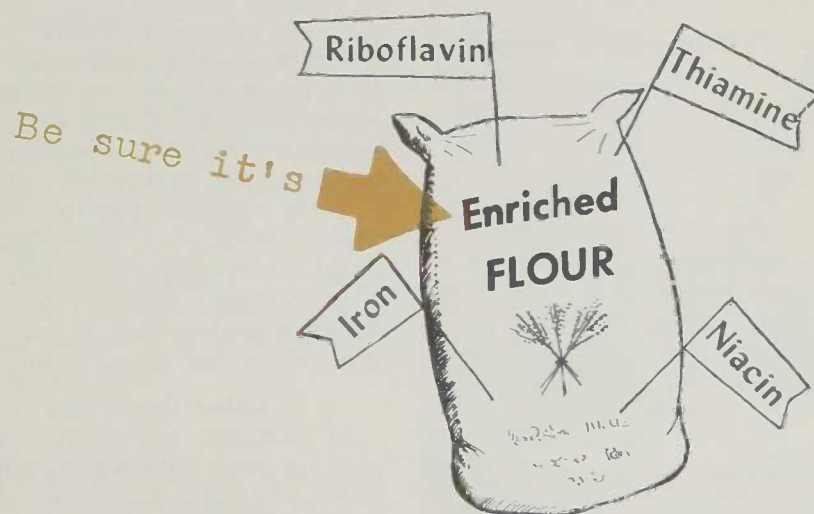
And
Lucinda Hughes
Home Demonstration Agent

It's popular to make yeast bread and rolls in the Southwest. Home-made bread and rolls taste good. They sell like "hot cakes" at bake sales. They dress up the simplest meal.

It is very important to use either enriched or whole-wheat flour in

making rolls and bread. "Enriched" flour is enriched at the mill with the B-vitamins—thiamine, riboflavin, and niacin — and the mineral iron.

When buying flour read the label carefully. See that the word "**Enriched**" is on the package.



Yeast Bread

Good bread begins with good ingredients.

Flour

Bread flour is milled from hard wheat. All-purpose flour is a mixture of hard and soft wheats.

The proteins of hard-wheat flours form gluten (an elastic substance) when mixed with liquid and kneaded. The gluten forms the framework of the loaf and entraps the gas given off as the yeast ferments. The dough is kneaded to develop the gluten of the flour.

Yeast

Yeast is used instead of baking powder as a leavening agent. Yeast is a tiny plant. It needs sugar and liquid for food.

A dairy thermometer can be used when making bread.



Yeast grows rapidly in a soft batter in a warm place. As yeast grows, it ferments and changes sugar to carbon dioxide, a gas which makes the dough "rise."

Temperature Is Important

Yeast grows best in a lukewarm or tepid temperature, 95° F. Too hot temperatures kill the yeast plant. Too cold temperatures cause it to grow very slowly or become inactive. When bread is baked, the yeast is killed.

Temperature is important in dissolving yeast and in the fermentation of the dough. A dairy thermometer is a useful tool when making bread. (Note picture).

Kinds of Yeast

There are two kinds of yeast commonly used: (1) compressed fresh yeast, and (2) active dry granulated yeast.

Compressed Yeast

To dissolve compressed yeast (the yeast cake) measure lukewarm water, about 95° F, into a measuring cup. Crumble yeast into the water and stir to dissolve.

Here's a good test for "lukewarm." With your spoon place a drop of milk or water on the inside of your wrist. It should be about the same temperature as your body and feel neither hot nor cold.

Active Dry Yeast

To dissolve active dry yeast, sprinkle yeast into warm, **not hot** water, about 105° F. Stir and allow to stand for 10 minutes.

Amount to Use

One cake of compressed yeast or one package of active dry yeast is enough for the recipes in this circular. By using two packages of yeast, the time of rising or proofing is shortened by 30 to 45 minutes.

Liquids

Milk improves the color of the crust and increases the elasticity, tenderness, keeping qualities, and food value of the loaf. Whole milk, evaporated, or dry skim milk powder may be used.

Whole Milk

Whole milk should be scalded. As you know, it is a good procedure to scald milk in the top of a double boiler to keep it from scorching. Milk is scalded when a thin film forms, just before the milk comes to a boil, 185° F. Scalding milk destroys bacteria which may give an undesirable flavor to the bread and cause ropiness.

Evaporated Milk

Evaporated milk does not need to be scalded, as it comes from a sterilized can. Dilute it one half with water.

Dry Skim Milk Powder

Dry skim milk powder is measured and sifted with the first cup of flour which is added to make the batter. Dry skim milk powder increases the food value of bread and rolls.

Water

Water may be used. It gives bread and rolls a wheaty flavor and crisp crust.

Salt

Salt slows down the growth of yeast. It improves flavor, and tex-

ture. Too much makes a heavy loaf.

Effects of Altitude

Yeast dough rises more rapidly at high altitudes above 3,000 feet because the air pressure becomes less. It should be watched carefully and allowed to rise not quite double in bulk.

Less yeast may be used, but most bakers prefer to let the dough rise for a shorter time. If the dough rises too much at altitudes above 3,000 feet it becomes overstretched and may collapse or fall when baked.

Baking Temperatures

Bread: Oven Temperature—400° F.

Baking Time—30 to 40 minutes.

At elevations over 3,000 feet, increase baking temperature 25° F.

If bread is baked in oven glassware, reduce baking temperature 25° F.

If crust browns too rapidly, reduce heat after the first 15 minutes 25° F. and cover with brown paper.

Enriched White Bread

Yield: 2 loaves

Pan: 9 x 5 x 3 inches

Temperature: 375° to 400° F.

Baking Time: 50-60 minutes

Ingredients:

2¼ cups milk (or 2¼ cups warm water, plus ½ cup skim milk powder).

1 package dry active or compressed yeast.

¼ cup water.

2 tablespoons sugar

2 teaspoons salt

2 tablespoons fat

6 cups sifted enriched flour

1. Scald fluid milk, or if dry skim milk powder is used, use lukewarm water, for liquid.

2. Sift and measure flour; add salt, sugar, and (dry skim milk powder, if using, to one-half the flour); sift together.

Compressed Yeast Cake

3. When the liquid is lukewarm, crumble in the fresh compressed yeast cake. Be sure that the yeast liquid is lukewarm.

To test for lukewarm, place a drop on the inside of the wrist. If the liquid feels neither warm nor cool, it is at the desired temperature. (95° F.)

Active Dry Yeast

Use only water when dissolving active dry yeast. The water should be warm but not hot (105° F.). Sprinkle yeast on water and stir to dissolve. Allow to stand 10 minutes.

4. Add the flour and other dry ingredients to the yeast mixture.

Beat until smooth (½ minute in mixer at low speed).

5. Add melted fat and beat. (1 minute in mixer)

6. Add enough more flour to make a smooth dough that is soft but not sticky. Enough flour has been added when the dough cleans the bowl.

7. Turn dough out on lightly floured board or canvas and let it rest for five minutes. While dough rests clean and grease bowl.

8. Flour or grease hands and knead bread lightly until it is smooth, satiny, and elastic. Knead the remainder of the flour into the dough. Do not knead the dough too much or too hard.

Note: To test whether dough has been kneaded enough, hold the dough lightly in your hands while you count to 30. If the dough does not stick to the hands it has been kneaded enough.

9. Put the dough into a greased bowl. Grease the top lightly. This



Knead bread lightly until it is smooth, satiny, and elastic.



Knead flour into the dough as needed.

prevents the formation of a dry crust.

Cover the dough with a towel and let it rise in a warm place (80-85° F.) until it has almost doubled in size. To test for proofing, press finger gently into dough. If dent remains, dough has risen enough.

10. **Punch** dough down by plunging your fist into it. This allows the gas to escape.

Fold the dough over from the 4 sides to the center until it is its original size. Do not knead.

Let it double in bulk if dough is allowed a second rising (optional).



To test for proofing, press finger gently into dough. If dent remains, dough has risen enough.



Punch dough down by plunging your fist into it. This allows the gas to escape.

Second proofing improves the texture. One rising is sufficient.

11. Divide the dough in two portions. Let it rest on your bread board for 10 minutes, covered with a towel. You will then find that the dough is easier to handle.

12. Shape the dough into loaves by rolling each portion into an oval. (See photos, page 9).

Fold each side toward the center, then fold the top and bottom thirds toward the center. Seal well.

This forms a cylindrical shaped loaf. Roll over on the board lightly 2 or 3 times.

Place loaves in greased pans with seam at the bottom of the pan. Flatten the dough gently so that it is eased into the corners of the pan. Brush the loaves lightly on sides and top with melted fat.

13. Let loaves rise until they almost double in size. While loaves are proofing, pre-heat oven.

14. Bake the loaves at 375° F. from 50 to 60 minutes or at 400° F. from 30 to 40 minutes. Cover with brown paper to prevent crust browning too much.

15. The bread is done when it shrinks from the side of the pan and sounds hollow when thumped lightly. Another test is to touch bottom of the loaf pan with a wet finger; if it sizzles, bread is done.

16. Remove from pans immediately and place on rack to cool. Grease tops lightly.

Note: The moisture content of flour in Arizona varies greatly. Therefore, save $\frac{1}{2}$ to 1 cup flour back and use only if required to make dough the proper consistency. This is for both bread and roll making.

100 Percent Whole Wheat Bread

Yield: 2 loaves

Pan—9x5x3 inches

2 cups milk

1 tablespoon salt

$\frac{1}{4}$ cup (or less) molasses or sirup

1 cake compressed yeast

$\frac{1}{4}$ cup fat

6 to 6 $\frac{1}{2}$ cups **whole wheat flour** (stirred)

1. Scald milk and pour over measured molasses and salt in a large mixing bowl.

2. When mixture has cooled to body temperature (98° F.) add the crumbled yeast and about 2 cups of flour. Stir with a spoon until the ingredients are combined, or with mixer for 1 minute.

3. Add melted fat, mix, then add about 1 cup flour and beat well (75 strokes), or with mixer for $\frac{1}{2}$ minute. If desired, add 1 cup raisins.



1. Flatten ball of dough.

2. Fold lengthwise.

3. Stretch dough gently.

4. Overlap ends at center.

5. Fold lengthwise in thirds.

6. Seal edges.

7. Roll.

8. Put into pan.

1



5



2



6



3



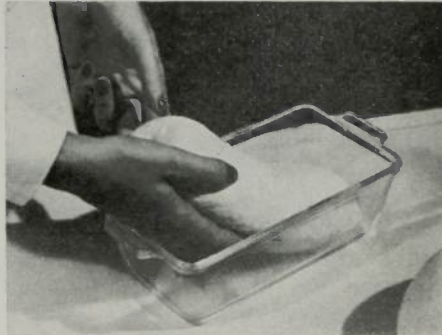
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4



8



4. Add flour to make a stiff dough; then put on generously floured board. Scrape bowl clean of dough and grease well with melted fat. Knead remaining flour into dough until it is stiff.

5. Place dough in bowl and grease it all over. Cover dough with towel and let it rise until it's double in bulk. (About 3 hours; the time may be shortened to about 1 hour by using 2 times as much yeast).

6. Fold under and shape into loaves. Put into greased pans; grease top; let rise in pans until double in bulk. (About 2 hours).

7. Put into hot oven (400° F.) and bake 10 minutes. Continue baking at moderate temperature (350° F.) for 40 minutes more. If crust browns too rapidly cover with brown paper.

Note: To increase food value of this bread, sift one cup dry skim milk powder with first two cups of whole wheat flour to be used, 3 tablespoons wheat germ, and ¼ cup soy flour.

Triple Rich Bread

(Adapted from the Cornell Formula)
("The Cornell formula" was developed by Dr. Clive McKay, Professor of Nutrition at Cornell University, Ithaca, New York).

Triple rich bread is more nourishing than a loaf of ordinary bread because of the addition of wheat germ, soy flour, and powdered skim milk.

This recipe contains 8 percent non-fat dry milk solids and 6 percent soy flour (full fat). Both dry skim milk powder and soy flour increase the protein value of the bread.

Yield: 1 loaf

Pan—9 x 5 x 3 inches

Temperature: 400° F.

Baking Time: 35 minutes

Ingredients:

- 2½ cups enriched flour (unbleached flour preferred)
- 1 cup water
- 1½ teaspoons salt
- 2 teaspoons sugar
- 1 package compressed or active dry yeast
- 3 tablespoons soy flour (full fat)
- 2 teaspoons shortening
- 3½ tablespoons dry milk powder
- 3 tablespoons wheat germ

Method:

1. Dissolve yeast in one cup of lukewarm water about 95° F.

2. Combine all dry ingredients in mixing bowl. Pour in the yeast solution and start **mixing**.

3. Add shortening and beat until the dough is smooth. Add remaining flour.

4. Place the dough in a well-greased bowl; cover and allow to rise in a warm place (80° F. to 85° F.) for 1½ hours.

5. Punch dough down by plunging the fist in the center of the dough. Fold over edges of dough and turn upside down. Cover and allow to rise for 15 to 20 minutes.

6. Shape into a loaf and place in greased bread pan. Cover and allow to stand about 55 to 60 minutes in a warm place until it fills the pan.

7. Bake in oven for about 35 minutes at 400° F.

Cracked Wheat Date Nut Bread

Yield: 2 loaves

Pan—9x5x3 inches

Temperature: 375° F.

Time: 60-70 minutes

3½ cups sifted enriched flour
 2 cups fluid milk scalded
 1 package compressed or active dry yeast
 ¼ cup water
 2 cups cracked wheat flour
 2½ teaspoons salt
 2½ tablespoons melted fat
 3 tablespoons brown sugar, honey, or molasses
 ½ cup chopped nuts
 ½ cup chopped dates

Follow procedure for enriched white bread.

1. Use half of white flour in initial batter and beat.

2. Add cracked wheat and enough of remaining white flour until batter cleans the bowl.

3. Add chopped nuts and dates at last of kneading.

To soften: Soak cracked wheat in hot water. Subtract amount of water used from fluid milk.

Standard for Judging

Enriched White Bread

A good loaf of yeast bread is symmetrical in shape, uniformly golden brown in color and light in weight. It has considerable spring and when released after being pressed together returns to its former shape. It has a fine even grain and a thin crust.

When freshly cut, the crumb is silky, creamy white and feels velvety and moist to the touch. Its texture is not compact, coarse, uneven, or soggy. The bread smells good and has a fresh, nutty, wheat-like flavor. There is no indication of mustiness, rancid fat, sourness or other off flavor.

Whole Wheat Bread

One - hundred percent whole wheat bread is darker in color, the crust is slightly thicker, and the loaf is not so light in weight as white bread. The crumb is inclined to crumble and lacks much of the velvety quality of the white loaf. It has a rich nutty flavor and aroma.

Yeast Rolls

Yeast rolls usually are made of a richer dough than yeast breads. Eggs and sugar are added to improve flavor, texture, and food value.

Baking Temperatures

Yeast rolls, plain

Oven Temperature 350°-400° F.
Minutes 15 to 25.

Yeast rolls, sweet

Oven Temperature 350°-375° F.
Minutes 20 to 30.

Basic Roll Dough

Yield: 18 to 24 rolls

Temperature: 400° F.

Time: 12 to 15 minutes

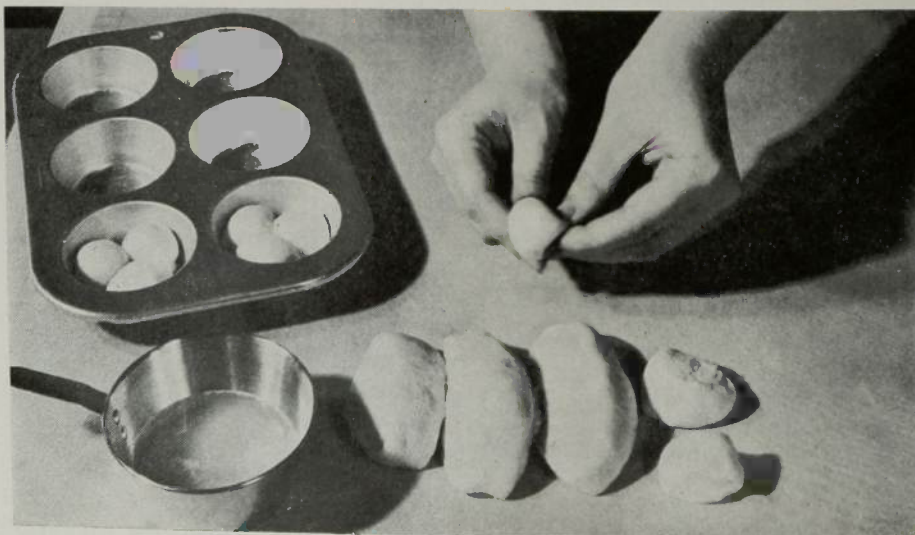
1 cup milk
 1 package dry yeast or 1 compressed yeast
 ¼ cup water
 ¼ cup sugar
 ¼ cup shortening
 2 teaspoons salt
 1 or 2 eggs
 4½ to 5 cups sifted enriched flour

1. Scald milk. Don't let it boil.
2. Soften yeast in $\frac{1}{4}$ cup warm water. Stir until dissolved.
3. Measure sugar, shortening, and salt into mixing bowl. Pour scalded milk into bowl. Stir to melt fat and dissolve salt and sugar.

4. When milk mixture is lukewarm add softened yeast and stir.
5. Add two cups flour and beat vigorously about 100 strokes or $\frac{1}{2}$ minute in electric mixer.
6. Add egg. Beat well (1 minute in mixer).



"Sailor's Knot" rolls are made as shown above.



Here's the way to shape "Clover Leaf" rolls.

7. Add enough flour to make a soft dough (about 2 cups). Enough flour has been added when the dough cleans the bowl. A soft dough makes the best rolls.

8. Turn out on floured board; allow dough to rest 10 minutes to tighten. While dough rests, clean and grease bowl.

9. Flour or grease hands and knead dough lightly until it is smooth, satiny, and elastic, kneading the remainder of the flour into the dough. Shape dough into a ball.

A test: Place one hand over dough. Count to 30. If the hand does not stick, the dough has been kneaded enough.

10. Place dough into greased bowl. Grease top lightly to prevent the formation of a dry crust. Cover with a towel or waxed paper and allow to rise at 85° F., free from

draft, until it doubles in bulk about one and one-half hours.

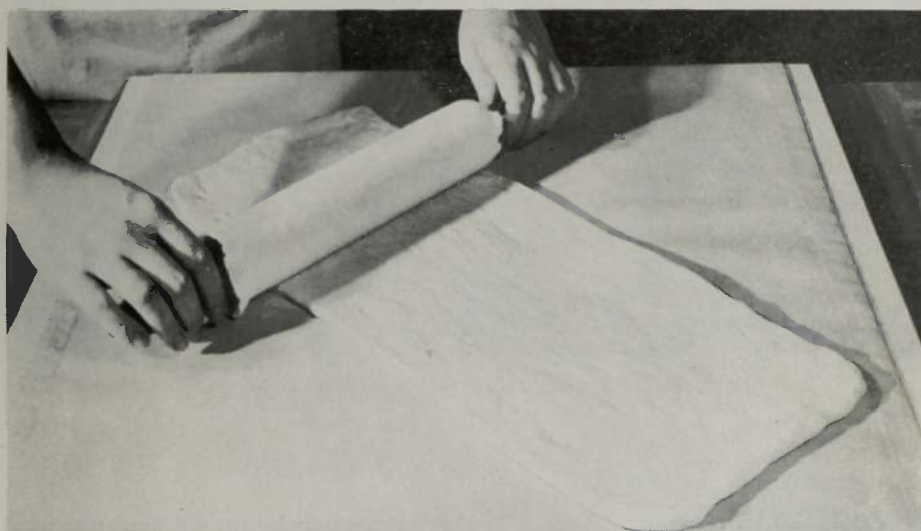
To test for double in bulk: Press two fingers deeply into the dough; the imprint remains when fingers are withdrawn.

11. Punch down dough by plunging your fist into it. This allows the gas to escape. Fold the dough over until it is its original size. Do not knead.

12. Let dough rest on your bread board 10 minutes, to make it easy to handle. Cover with a towel.

13. Shape rolls. All types of rolls may be shaped from this recipe.

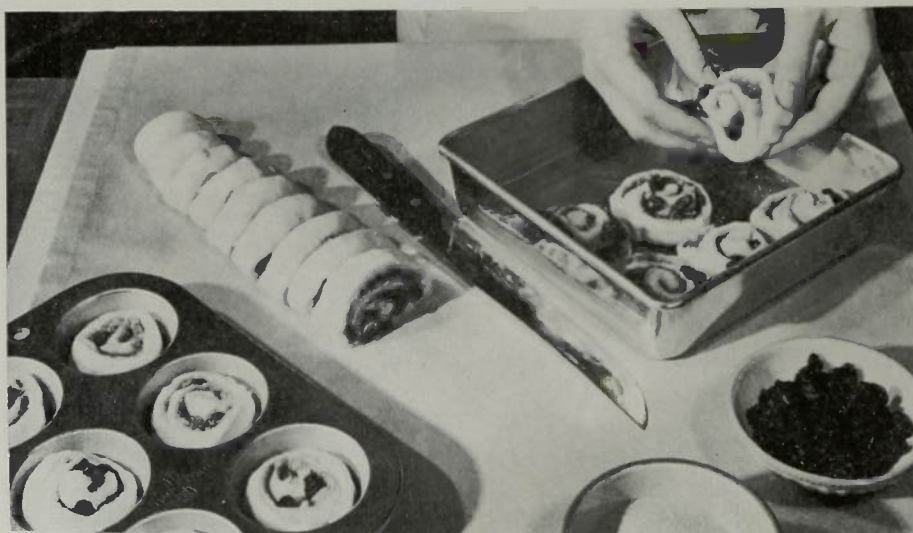
Note: If you wish to cut down on the rising time, use two packages or cakes of yeast in place of one. This reduces the rising time to about 45 minutes.



1. First step in making cinnamon rolls is to roll the dough into a long, thin sheet. Next spread lightly with melted margarine or butter. Sprinkle with sugar and cinnamon.



2. Add raisins. Then roll up the dough as shown above.



3. Cut the roll into slices one-inch wide. Place these slices into pans to rise.

Refrigerator Rolls

Refrigerator dough should have more sugar and salt than basic roll dough, to extend the action of the yeast over several days. Mashed

potatoes can be used to supply food for the yeast.

Yield: 4 dozen medium rolls

Time: 12-15 minutes

Temperature: 400° F.

- 1½ cups milk
 ⅓ cup sugar
 1 tablespoon salt
 ½ cup shortening
 1 cup mashed potatoes
 2 eggs
 ¼ cup water
 1 package dry yeast or compressed yeast
 5 to 6 cups flour
1. Scald milk. Pour over sugar, salt, and fat.
 2. Add mashed potato to the milk before the yeast is added.
 3. Follow directions for making basic roll dough.
 4. Add enough flour to make a very stiff dough.
 5. Place dough in a large greased bowl.
 6. Brush dough with melted fat, cover with waxed paper and place in refrigerator for at least 12 hours.
 7. Remove from refrigerator 3 to 4 hours before shaping. Shape; let rise; and bake.

Bake and Brown Rolls

1. Bake rolls in 250° F. oven for 30 to 35 minutes until the framework is set. Use shiny pans to avoid browning.
2. Cool. Wrap in moisture vapor proof wrapper.
 Store in breadbox: 1 week.
 Store in refrigerator: 2 weeks
 Store in freezer as long as 2 months
3. To serve, bake rolls in 425° F. oven.
 Room temperature: 7 to 8 minutes
 Frozen: 15 to 20 minutes.

Time-Saving No-Knead Rolls

Quick and easy to make, yeast batters require no kneading. Rolls

may be shaped or batter can be stored in the refrigerator.

Yield: 18 rolls

Temperature: 425° F.

Time: 20 minutes

Ingredients

- 3 cups enriched flour.
 ½ cup scalded milk
 ¼ cup shortening
 2 teaspoons salt
 1 tablespoon sugar
 ½ cup water
 1 package compressed or active dry yeast
 1 egg
1. Add shortening, salt, and sugar to scalded milk. Cool to lukewarm.
 2. Dissolve yeast in ½ cup lukewarm water.
 3. Combine yeast with milk mixture.
 4. Add egg and 1½ cups flour. Beat vigorously about 75 strokes or ½ minute at low speed.
 5. Stir in remaining flour to make a smooth batter.
 6. Chill dough in refrigerator for two hours or until needed. This makes easy handling and no flour is needed for rolling and shaping.
 7. Shape rolls as desired.
 8. Let rise in a warm place 80° F. to 85° F. until double in bulk (about 1 hour).
 9. Bake in 425° F. oven for 20 minutes. Refrigerator storage: 3 to 4 days.

Yeast Batters

No Kneading—No Shaping

Yeast batters are mixed as yeast doughs. Yeast batters require no kneading. Yeast batters are thin enough to pour into the pans. The batter rises once in the pan.

Batter rolls are light, open grained, and have a thin crust. Time to mix and bake: 1 hour 20 minutes.

Yeast Batter Streusel Coffee Cake

Yield: 2 coffee cakes

Baking temperature: 425° F.

Time: 20 minutes

2—9-inch pie pans

3¼ cups enriched flour

1¼ cups milk

¼ cup shortening

3 tablespoons sugar

1½ teaspoons salt

2 packages compressed or active dry yeast

¼ cup lukewarm water

1. Scald milk. Add sugar, salt, and shortening, and cool to lukewarm.

2. Dissolve yeast. Allow granular yeast to stand 10 minutes.

3. Add yeast to milk mixture.

4. Add 1 cup flour. Beat vigorously, or ½ minute at low speed.

5. Stir in remaining flour to make smooth batter.

6. Pour into two 9-inch pie pans.

7. Top with:

¼ cup margarine or butter

¼ cup honey

1 teaspoon cinnamon

8. Let rise in a warm place—80° F. until double in bulk or about 35 minutes.

9. Bake in 350° F. oven about 30 minutes. If top browns too quickly, cover with brown paper. The batter continues to rise while baking.

Standards for Judging

Good rolls are uniform in shape and size with golden brown, tender crust, and light in weight. The crumb is creamy white in color, soft, tender, and fine-grained.

Rolls should have a pleasant flavor and odor and taste good. There should be no off flavors such as yeasty or rancid fat.

Storing Bread

In Home Freezer

Cool thoroughly. Wrap loaves in moisture - vapor - proof wrapping. Freeze and store at zero or below.

Frozen bread will keep for six months.

In Bread Box

Wrap bread in waxed paper.

Store in bread box at ordinary room temperature.

On Refrigerator Shelf

This is the least desirable method because bread stales more rapidly than when stored in the bread box. However, it is less subject to mold.

VII. HEALTH AND SAFETY

Good health is an integral part of the entire Home Demonstration program. All phases of homemaking (nutrition, clothing, and home management) are important contributing factors to good or bad health.

A. MENTAL HEALTH -

This year (1956) our homemakers' aim in health was to promote and understand mental health. In order to accomplish this aim, the Agent got Dr. Richard A. Parry, Yavapai County School psychologist to talk to the homemakers' group in the Sedona area, and the Coconino County Public Health nurse to talk to the East Flagstaff group. Parents of all school children were invited to attend both meetings. Points emphasized by Dr. Parry were:

1. Interpretation of reading and mental maturity tests now being given in the schools throughout the county.
 - a. Tests are only an indication of the child's ability that day under the particular home and social conditions at the time. A month later the tests might show an entirely different picture.
 - b. Roughly - 70% of the children are average
10-11% fast and slow
2-3% very fast and very slow (custodian)
 - c. In determining what is normal we must consider the culture in which the child lives. What is normal for us would not be normal for an Indian on the reservation.
2. The mentally healthy person is:
 - a. Interested in many things
 - b. Well adjusted to life in the culture in which he lives.
3. With regard to the juvenile delinquency problem, Dr. Parry suggested that many times children think it is smart to get their names in the paper. Usually children receive newspaper publicity only when they are a delinquency problem.

Therefore, let us publicize the average "good" deeds of children and minimize the delinquent actions of the few. The Agent believes that this idea "caught on". Various areas have endeavored throughout

VII. HEALTH AND SAFETY (continued)

the year to give recognition to the average "good deeds" of individual teenagers. A number of children have been recognized in the newspaper and over the radio for their good deeds.

The mental health movement has helped the teenager in improved counseling for his later vocation. The majority of teenagers simply go to high school because it is the thing to do. A large percentage of them never seem to think about what they are going to do to make a living in later life. A glaring example of this comes to the Agent's mind. One homemaker in talking with the Agent about her son said, "He really should take an engineering course. That seems to be all that he is interested in doing." Sad to say, this teenager was a senior in high school and had taken no mathematics since he passed the eighth grade. In the opinion of both the mother and the Agent, a good counseling system when he entered High School and all through his High School days would have eliminated many of his problems in school and in later life. It is doubtful if he will go back and prepare himself on a High School level for a college course in engineering. This is only one of many such examples which could be cited.

B. CHEST X-RAY -

Coconino County homemakers assisted with the clerical work of the mobile unit chest X-ray when it was in their areas. Since Arizona has such a high incidence of T.B., conscientious homemakers make every effort to see that their entire family is X-rayed annually.

C. CANCER -

Members of homemakers' clubs furnished volunteer workers and some money to the Cancer drive. At the request of the State Cancer Director, the Agent appointed a homemaker to serve on the County Cancer Board.

D. CRIPPLED CHILDREN - POLIO

This year, as in the past, the homemakers contributed generously of their money, time, and effort to the polio drive.

E. RED CROSS -

Homemakers participated in Red Cross fund raising campaigns as workers and also contributed money donations from their clubs.

VIII. RECREATION AND COMMUNITY LIFE

"Happiness through Family Unity" is the aim of the Agent and homemakers. The majority of planned recreation is adaptable to family participation.

Homemakers' clubs have some sort of recreation at each meeting. Types of recreation are:

1. Songs
2. Games
3. Auctions
4. Refreshment

The Agent encourages songs and games because of their group participation spirit.

Two county-wide recreational events were held this year. They were:

1. The recreation portion of the Bi-County Home Demonstration Program Planning meeting. Songs, "good eats", and entertainment were included in the program.
2. This year saw the meeting of the fourth annual Bi-County Homemakers' family picnic. Seventy-five homemakers and their children attended. New and old games seemed to be the order of the day along with delicious food. Homemakers and their children enjoyed both.

Because the county is so very large, it is difficult to hold many county-wide social events. The values of social events are many fold. Some of them are:

1. They help rural women become better acquainted with each other and thus make it easier for them to work and plan together.
2. They foster pride in each individual community and its accomplishments.
3. They facilitate an easy exchange of ideas by homemakers.

A. COUNTRY LIFE CONFERENCE -

Six members of the Sedona Homemakers' group attended the Country Life Conference in Tucson this past June. These homemakers were very enthusiastic about the entire conference. The Agent was unable to

VIII. RECREATION AND COMMUNITY LIFE (continued)

attend because of the press of 4-H Club and adult work in the county at that time.

The group of women from Sedona are, and always have been, very enthusiastic about Country Life Conference.

B. COUNTY FAIR -

The Coconino County Fair has the potentialities for an exceptional County Fair. Some of these assets are:

1. Exceptional grounds space
2. Potential buildings. These need improvements for exhibit space and tying together but the fact that they are there is a big help.
3. Plenty of parking space.

The Agent supervised the adult and 4-H Home Economic divisions at the County Fair. Again this year difficulties arose as to the staffing of the Home Economics exhibits buildings. The Agent has recommended to the Fair Commission that the Home Economics department be turned over to some adult women's civic group who would be paid a set fee for doing all of the necessary work before, at, and after County Fair time. The Agent would be glad to work with them in a supervisory, or advisory, capacity. Advantages to the civic organization would be:

1. They would make a specified amount of money with one project.
2. They would be helping the community in which they live.

Advantages to the County Fair Commission and the Fair as a whole would be many. Some of which are:

1. Would give the Home Economics department a more or less permanent Superintendent.
2. Would free the Agent from other than counseling activities.
3. Give the Home Economics department increased publicity. The more people involved, the more publicity.
4. Would give an adequate number of workers. This year (1956) we were very understaffed.

The Agent sincerely hopes that some such arrangement as that outlined will be worked out for next year.

VIII. RECREATION AND COMMUNITY LIFE (continued)

C. SPECIAL ACTIVITIES -

The Sedona group was very active this year in all community activities. Some of these activities were:

1. Sponsorship of 4-H Club work
2. Scout work
3. Valley bazaar
4. Valley rodeo
5. Church events

The Doney Park homemakers again sponsored the Arizona Children's Home in Tucson. They furnished Christmas gifts and money for the children.

IX. EXTENSION INFORMATION

A. OFFICE ARRANGEMENT -

This year the County office moved into new offices in the County Courthouse. The new facilities are a big improvement over those in the past. Chief among the improvements are:

1. The increased desk and conference room space.
2. The improved bulletin displays.

Bulletins are now displayed on peg boards in wire bulletin holders. This improves the display of bulletins and the availability of bulletins to anyone wishing them.



HOMEMAKING BULLETIN BOARD

B. NEWSPAPERS -

The Agent does not have a news column. However, any articles and/or news releases submitted are printed. The Agent makes good use of any of the Special Home Economic news releases sent her by the state office.

IX. EXTENSION INFORMATION (continued)

C. BULLETINS AND MIMEOGRAPHS -

The new bulletin on "Yeast Breads and Rolls" written in part by this Agent was received from the printer this year. This bulletin is very popular.

An incredible amount of special Home Economics specialized material is mimeographed in the County office. Each mimeograph made is in the amount of 300 copies and may have as many as six to ten pages. Copies of this mimeograph material will be found throughout this report.

Bulletins and mimeographs are distributed at meetings, upon request from the county office, and by mail.

D. PHOTOGRAPHIC -

The Agent took about 100 black and white pictures at County 4-H Camp this year. These pictures are used primarily by 4-H Clubs to stimulate interest in 4-H events.

E. VISUAL AIDS -

Movies, colored slides, flannel graphs, and other types of visual aids were used extensively by the Agent this year.

X. MISCELLANEOUS

ARIZONA STATE COLLEGE -

Arizona State College here in Flagstaff is especially cooperative with all Agricultural Extension Service programs.

At the invitation of Dr. Byrd Burton, the Agent gave two talks to girls enrolled in Home Economics this year. They were:

1. What is a Home Agent
2. Job qualifications and responsibilities of the various fields of Home Economics. (Roundtable discussion)

The College here in Flagstaff endeavors to give Home Economics' students a good, overall briefing on the possibilities in all fields of Home Economics.

XI. OUTLOOK AND RECOMMENDATIONS

The outlook for the Home Demonstration Program in Coconino County is still spotty. The Oak Creek, Red Rocks, Sedona area will undoubtedly continue with their large active Home Demonstration club membership. They may also organize a Junior Home Demonstration club for young mothers and homemakers. The Williams and Bellemont areas seem to be getting interested in doing some Home Demonstration work. It is hoped that this works out and active groups can be organized. The East Flagstaff, Doney Park area continued to hold some meetings this year but they failed to participate in the Bi-County Program Planning and in any of the Leaders' Training Meetings. The Agent plans to start monthly Home Economic Demonstrations in Flagstaff this year. It is hoped that these meetings will prove helpful to all concerned.

The biggest potential for Home Demonstration work in Coconino County is with the Indians. However, unless they have a good Indian Service Extension Agent even 4-H Club work is more or less hopeless under the present set-up. This Agent invites all Indian leaders and Extension personnel to Leader Training Meetings. This past year, however, the Indians have not participated too well in the County program.